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Thursday, April 23, 2015

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magic for
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given new
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FURIOUS FLORIST SAYS TOWN IS A BLOOMING MESS

**'We must find ways
to stop it wilting'**

HARLOW'S longest-serving shop owner, who has traded in the town for almost 60 years, is calling for an urgent meeting to discuss what he believes is a crisis facing the town centre.

Florist Bernard Chapman hopes to persuade landlords, shop owners, representatives of the Harvey Centre, councillors and the town MP to take part.

His call follows the closure of the Marks & Spencer store in The High earlier this year and news that the Robert Dyas shop in Harvey Centre Approach will shut on May 1.

Incompetent

"I am watching the town I love descend because of incompetent management," said 79-year-old Mr Chapman.


"Something needs to be done to prevent the town centre from becoming even more of a disaster area.

"Harlow is going to expand. This could be a town of 150,000 people in a few years time and it must have a town centre.

"What I believe should happen is a meeting of as many people as possible so we can grill those responsible for the rapidly-growing decline."



DISMAY: Long-serving florist Bernard Chapman says Harlow town centre 'is like a disaster area'

FULL STORY: **Page 3**  HAVE YOUR SAY: Does Mr Chapman have a point? Visit harlowstar.co.uk

Robert Halfon
Working Hard for Harlow



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Teenager run over by car after fight outside Seen nightclub

Five Harlow actors who have made the town proud

Harlow Robert Dyas store to close next month

Missing student Karen Buckley was nurse at Princess Alexandra Hospital

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999 call to report roadkill squirrel

Ambulance crews sent to 'hit-and-run' accident

Gemma Gardner

gemma.gardner@hertssexnews.co.uk

PARAMEDICS sent to a hit-and-run road accident in Epping Forest were recalled to base after it was established the "victim" was a squirrel.

In another case a woman dialled 999 to report she was feeling sick after eating too much takeaway food while a third said she had locked herself out of her home after going shopping.

These are just three of the incidents highlighted in a report by the East of England Ambulance Service of inappropriate calls made to the emergency service.

EEAST receives on average around 2,500 calls a day but not all of them are life-threatening or require emergency care.

Over the past two years control room staff handled 1,248 hoax calls. Crews have attended almost half of them believing them to be genuine emergencies.

This week the trust warned that inappropriate or prank calls could

'Emergency' calls made to the ambulance service



- "Is it OK for a little squirrel to die?" The caller tries to argue the case that an ambulance should be sent to a squirrel in the Epping Forest area after it had been hit by a car
- "I've gone out shopping and locked myself out of my house"
- "My dog is vomiting blood"
- "I've eaten too much takeaway food"
- "My feet hurt after wearing too-small shoes"
- "I've dropped my burger and it is bleeding"
- "I have been dieting and feel lethargic"
- "I need to go to hospital but I don't get paid until tomorrow"

divert resources from genuine emergencies such as cardiac arrests, strokes and patients with breathing difficulties.

Gary Morgan, regional head of emergency operations centres, said: "We're an emergency service and our frontline staff are trained to save lives. However, sadly, some of the calls we receive are not even medically related and we will refer hoax calls to

the police.

"We prioritise all life-threatening calls to get the quickest possible response but that response can be affected if our call handlers and frontline staff are dealing with inappropriate 999 calls.

"We would strongly urge people who think it is funny to make a prank call to stop and think about the potential consequences."

Recovery service officially opens new centre

A CHARITY providing recovery and advice services to people with alcohol and drug problems has officially opened its new premises in Harlow town centre.

The Open Road Centre, in West Gate, is currently the only recovery centre in west Essex.

The premises have been refurbished to offer an open access reception area, a group working room, a needle and syringe provision room and individual treatment rooms.

More than 50 guests were invited to the opening, including Open Road chief executive Sarah Wright, patron Robert Halfon, charity trustees, recovery workers, service managers and supporters.

Staff moved into the centre back in February but the official opening



was delayed until Friday.

Ms Wright said: "I am delighted that we have finally moved to much larger premises in the centre of Harlow."

"Having worked out of very cramped conditions for a number of

OPENING: Left to right, west Essex service manager Ali Firth, substance misuse worker Julie Chipperfield, Robert Halfon, trustee Robert Smith, data administrator and media assistant Sophie Gardner and chief executive Sarah Wright

years, this new site has given our staff and volunteers a much-needed boost."

The centre is open from 9.30am-5pm on Mondays, Tuesdays, Wednesdays and Fridays and from 9.30am-8pm on Thursdays.

Party time for the elderly as charity marks golden jubilee

A GROUP which hosts monthly tea parties in Harlow for older residents who feel isolated is looking for more helpers and donations so that it can reach more people.

Contact The Elderly is a national organisation which this month celebrates its golden jubilee. On Sunday hundreds of groups up and down the country, including Harlow, held special 'Big FiftEA' parties to mark the anniversary.

Supported by a network of volunteer drivers and hosts, the tea parties in Harlow provide people over the age of 75 with regular face-to-face contact.

The parties always take place on a Sunday when most other services are unavailable and older people can feel particularly lonely.

Harlow volunteer Carol Bracher said: "Every month I see the difference that the tea parties we hold here make to local older people who are lonely and isolated."

"Friendships have formed between younger volunteers and older guests who really look forward to spending an afternoon having a tea, cake and a good chat."

Happiness

"Having seen the difference our parties make, I would urge local people to support us in any way they can. We're in need of more volunteers and donations to help us reach more isolated older people and would appreciate any support that local people or businesses can give."

Contact The Elderly now has 570 groups and more than 7,500 volunteers across the UK.

Chief executive Mary Rance said: "Fifty years is a remarkable landmark but in addition to celebrating our achievements to date we must think about the future of loneliness."

"The number of isolated over 75s is growing and there are still one million lonely older people who are completely cut off from society and need our help."

"We have set ambitious targets to double our service delivery over the next five years. In order to accomplish this task, we need as much public support as possible."

Teen lucky to be alive after car incident

A TEENAGER was lucky to escape serious injury after he was run over by a car which was deliberately driven at a number of people in Harlow town centre.

The incident happened at around 4am on Saturday when a fight between two groups of men broke out behind Seen nightclub just off Post Office Walk.

A small white hatchback car was then deliberately driven at several men, completely running over a 17-year-old youth from Harlow.

He was taken to hospital and later discharged after suffering only cuts and bruises.

Sergeant Natalie Rooney, of Harlow police, said: "We are really lucky not to be investigating a fatality."

■ Anyone with information about the incident is asked to call detectives on the non-emergency 101 number or Crimestoppers on 0800 555111.



CONGRATULATIONS: Betty Bell is 100 years young

Centenarian surprised to reach 100

BIRTHDAY celebrations for one Harlow resident were extra special this week when she became 100.

Betty Bell admitted she was "quite surprised" to reach her century on Tuesday.

Born on April 21, 1915, Mrs Bell moved from Newcastle to Harlow 24 years ago and now lives in the Summers area.

The great-great grandmother was joined by members of her family for a party at The Sun Inn in Nazeing.

Mrs Bell has five children, 10 grandchildren, five great-grandchildren and one great-great-grandchild.

Daughter Henrietta Stringer said: "It was a really good day and she was very pleased."

"She got a card from the Queen which she was very excited to receive. She also received lots of cards and flowers; she got 30 bouquets."

Trader says we need to 'stop the rot' in Harlow

Florist says his heart bleeds when he thinks of town centre

William Mata

william.mata@hertsexnews.co.uk

HARLOW'S longest serving trader is warning that urgent action must be taken to "stop the rot" which he says has turned the town centre into a disaster area.

Bernard Chapman has traded as a florist since the dawn of the new town in 1956 and is the only original retailer still in business. His shop in West Gate is just outside the entrance to the Harvey Centre.

Among Mr Chapman's customers have been members of the Royal Family, romantic novelist Dame Barbara Cartland and showbusiness

celebrities including Rod Stewart, Cliff Richard, Pink Floyd guitarist Dave Gilmour and actor Ray Winstone.

During his 59 years as a trader in the town he has seen made changes and has experienced both good and bad times, but he says the town centre today is as bad as he has ever seen it.

"It is a disaster area," he said. "This end of town is completely dead, it wasn't looked after at crucial times. There is no exclusivity in Harlow and car park prices are hideous."

"My heart bleeds when I see the way the north part of the town centre has gone down. It reminds me of someone sitting in their garden watching their house burn down and

saying afterwards 'I think perhaps I should have phoned the fire station'."

Mr Chapman fears the closure of the Little Walk shopping mall will only make matters worse and is critical of "idiot landlords" who he claims buy up units with no intention of turning them into shops.

Million

"I know that a minimum of 10 of those units could be let," he said. "Someone has closed it all down and gets no income at all when he could have half a million pounds in rent."

"If they were going to knock it down and build a new shop that would be lovely. But how long is it going to sit there?

One year, two years? It'll still be in a mess."

"They are going to say they can't let the shop units and they want to turn it over to flats as they want a regular income. I've been told there are sufficient retail premises in the town now, but that's rubbish."

"Harlow is going to expand. This is a town of 100,000 people and it could be 150,000 in a few years-time. It must have a town centre."

Mr Chapman is calling for a meeting to give traders the chance to meet with landlords, councillors, representatives of the Harvey Centre owners and the town's MP to discuss the crisis which he says is facing the town

centre.

He hopes that this will lead to a constructive and positive plan of action to "stop the rot".

"Common sense will prevail but at times I feel talking to landlords is like a primary school teacher talking to children," he said.

"People from Epping don't come to Harlow to go to Tesco because they've got their own."

"We need to pull together to offer shoppers something exclusive to get them spending again."

■ Anyone interested in Mr Chapman's idea of a meeting can call him on (01279) 444245 or talk to him in person at his shop in West Walk.

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On the road to recovery

SIR There could be no more succinct and damning indictment of the financial incompetence of the last Labour government, for which I voted and of which Ed Miliband and Ed Balls were senior members, than the letter left by the chief secretary to the Treasury to his coalition successor when he wrote "Dear Chief Secretary, I'm afraid there is no money. Kind regards and good luck!"

If, as he is reported to say, it was just a joke the conclusion drawn would be just as bad – that Labour would see the parlous state of the economy after 13 years of their mismanagement and the future hardship which that would inflict on the less well off in our society as a source of humour simply beggars belief.

Today the situation is very different. The Conservative-led coalition has halved the deficit, created two million new jobs and, despite repeated Labour assertions that the economy would not and could not grow under George Osborne's policies, the UK is now the fastest

growing major economy in the world. All this whilst taking many of the lowest paid workers out of paying income tax.

Without financial competence, all of the public services we expect as part of our civilised society are put at risk, however well-meaning the intention.

Furthermore, as the country's debt grows, we impoverish our children and grandchildren which we have no moral right to do.

Keith Bragg
Harlow (full address supplied)

Vulnerable hit hardest

SIR At the General Election hustings at St Paul's Church on April 9 Conservative candidate Robert Halfon claimed that the most vulnerable people had been protected from the benefit cuts introduced by the coalition government.

Mr Halfon's assertion is simply not true. Everyone dependent upon benefits is, by definition poor. All are vulnerable and all have been hit by benefit cuts.

Post-Thatcher Conservative politicians are prone to succumb to the temptation to blame poverty on the poor. If there is no such thing as society, then social problems must be the fault of the victims. Thus when addressing the growing size of the housing benefit budget, the Cameron-Clegg government blamed the tenants and cut their benefit rather than acting to re-establish rent controls and reverse the extortionate increases in rent imposed by unscrupulous landlords.

It was said by London mayor Boris Johnson – a member of Mr Halfon's party – that cuts in housing benefit could lead to social cleansing, an exodus of poor people from the urban areas in which they have been born and raised. His prediction has come to pass; poor tenants with young children have been forced to leave London and move to other towns and cities.

Last year the Star reported a 39 per cent increase in the theft of food from shops in Harlow and a 67 per cent increase in referrals to Harlow Foodbank. The government is leaving some of the most vulnerable people in our society with the choice of theft or suicide.

READER photo of the week



■ This week's photo was taken by reader Debs Kane, who writes: "I snapped it on my mobile last week. The sky over Church Langley looked so beautiful, the sun was shining and the planes had left their trails behind. It looked like a drawing in the sky." ■ If you have a photo you would like to be featured as our Photo of the Week, email a high resolution copy, along with a description of your photo and details of where and when it was taken, to star@hertsessexnews.co.uk. Please include your name and address and insert 'Photo of the Week' in the subject line.

To add insult to injury, government ministers claim that the benefit cuts are actually helping those whose lives they are wrecking.

Paul Kegan
address supplied

Scandal of world wealth

SIR Apart from his belief in God, I agree with most of what Dennis Nadin said in his letter

('We want fair share for all', April 9).

If the world's wealth were fairly shared then everyone could have all the basic necessities of life and a reasonable amount of the modern amenities that contribute to our quality of life.

That so many do not, both globally and even in this rich country, while others have riches beyond avarice is a scandal and totally unsustainable. No-one needs to be a multi-millionaire,

still less a billionaire, to have a reasonably happy and fulfilled life, as I can personally testify.

A civilised society values all of its citizens and provides many benefits for them, not only monetary. But sticking to the moment to the narrow definition of benefits in monetary terms, the only criterion for the level of benefit is, or should be, the need of the recipient.

The unfairness resulting from the fact that a working household may receive less in wages than a similar one on benefits is actually the reverse of the one touted by the Tories and sadly commonly believed. It is wages that are too low, not benefits too high, especially when a large proportion actually goes to greedy landlords rather than to the person in need.

Indeed, it is not generally realised that many benefit recipients are in work. Rent controls and, in the longer term, phasing out of most private renting in favour of council housing is the way to reduce the benefit bill.

The minimum wage was a significant achievement of the Labour government but it was set at far too low a level. No-one should work for anything less than a genuine living wage.

There are, of course, wider issues as well. Many of the current low-paid jobs – care workers, hospital cleaners, refuse collectors and even Tesco shelf-stackers – make a greater contribution to the collective good than more "prestigious" and much higher paid occupations.

It has been suggested there should be a maximum wage as well as a minimum. I agree and it should be far, far lower than the millions received (not earned) by the fatcat bankers, hedge fund managers etc.

Finally, in his letter of April 2, B. Kitchener claims that the country's debt was created by the Labour government paying out too many benefits. This is just plain nonsense which has been refuted many times by leading economists.

Prior to the 2008 crash, both the Labour government and the Tory opposition accepted the neo-liberal orthodoxy of the day – that the market was supreme, and light regulation of the financial industry was in order, while the Tories, who of course first removed controls on capital

flows in Thatcher's time, wished to go even further in deregulation.

They were both wrong but the global financial crisis originated with the collapse of US banks, not in the UK. And the debt resulted from the billions of pounds of quantitative easing paid to the banks to prevent a total collapse of the global financial system.

Frank Jackson
Kingsmoor Road, Harlow

No position to criticise

SIR Guy Mitchinson's completely unsubstantiated claim that Labour may raise taxes on petrol if elected (Star, April 16) shows breathtaking hypocrisy.

Considering it was the Conservatives who put 17.5 per cent VAT on every gas and electric bill in the country – which is still the biggest tax rise in UK history – I suggest the Tories have a nerve to criticise anyone on the subject of tax.

It was the Labour Party which reduced VAT on everyone's domestic gas and electric bills from 17.5 per cent to the current five per cent.

VAT is the unfair tax to increase as it punishes the less well-off disproportionately. Every Tory government has promised not to raise VAT prior to an election and then raised it afterwards.

Robert Johnson
Wissants, Harlow

Young voters will be heard

SIR With the upcoming General Election I have been researching various party policies as well as the voting record of our local MP. I took to Twitter to keep up to date with the latest views of the candidates at the local hustings events.

I challenged Robert Halfon on some of the things he has said, such as why he is claiming that a Conservative-led government will keep improving education for all yet he chose to vote for raising tuition fees which prices out those most disadvantaged. I have now been blocked by him on Twitter.

I voiced my frustrations, only to find that he has blocked a

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considerable amount of voters in the constituency, particularly young voters.

How can I and other young voters out our confidence in politicians when they refuse to defend or explain their reasons for voting? He may be able to silence us on Twitter but he cannot silence the voices of young voters in the town.

Samuel Cunningham
address supplied

The inequalities of social care

SIR As the General Election is coming up I would like to know the thoughts of the candidates on social care.

My mother was put into a home in January which my father has to pay for. He has saved for his old age and to give his children a little money when he dies.

I have now found out that my father may also have to go into a home which means what money he had will be gobbled up to pay for both their care. It also means my father's house might also have to be sold.

There are people in care homes that have got nothing yet their fees are paid. How is this fair? My father has worked all his life, only to be robbed when he needs help the most.

It just shows that those people with nothing get it free and those with money who have saved throughout their lives get nothing. I ask again, do our local politicians think this fair?

B. Hood
Brockles Mead, Harlow

Why do we have to pay to park?

SIR I live in Northbrooks, which is

covered by parking permits. I am also a senior citizen luckily still able to drive and I feel very strongly as to why we have to pay the council anything to park.

The parking zones do not cover all areas of Harlow so why are some of us expected to pay to park outside our houses? I pay road tax, insurance and for an MOT just to have my car on the road. What right does the council have to make a further charge?

I appreciate councillors getting visitors' permits re-instated which I used every day for a friend who calls to see if I need any help. When it was stopped it was costing a lot for them and any family to call in.

But perhaps councillors could arrange a meeting to explain why only some people are being charged to park.

P. Holland
Northbrooks, Harlow

SIR We live in a residents parking permit zone and to be quite honest it had been a nightmare.

We have two cars and have to pay a £30 permit for the first and £60 permit for the other as well as £1 for a visitors permit for each car if our children come to visit or we have friends or workmen over. This has cost us a fortune over the years as I often have my grandchildren so it's another permit for my children to drop them off and another to pick them up.

We have had numerous fines because we forgot to put a ticket in the car and any type of dispute with the North Essex Parking Partnership falls on deaf ears . . . and all because we have the cheek to live near the town centre.

We have had a £10 visitors permit up until this year but they have decided that it costs too much in administrative fees so they have scrapped the idea. I'm pleased that vulnerable people

and the elderly will be getting a new permit but they still have to prove that they are entitled to it.

We feel this is just like another tax on us on top of the council tax that we already pay. It's unfair and very costly just because we live close to the town

Lynn Curtis
Northbrooks, Harlow

I enjoy sound of children playing

SIR Here we go again? Roll on the glorious sunny summer days, I say.

I happen to enjoy the sound of children playing and getting along, what with all the troubles and ills in the world.

Shouting and swearing and parties seem to be a year-round thing that is unfortunately the way some people are, but if you wish for rain (Letters, April 16) maybe you should take a six-month holiday to the Amazon rainforest and let the rest of us enjoy ourselves.

Danny Franks
Church Langley, Harlow

SIR I agree with the writer of the letter in last week's Star ("Summer is a nightmare", April 16) about footballs missing windows and swearing, but what they failed to mention was evening barbecues and drunken singing.

I wouldn't mind if our neighbours invited us along!

name and address supplied

Tethered horses on green spaces

SIR I feel I must write to express my concern at what appears to be an ongoing land grab in and around

Harlow.

Having managed to move on illegal travellers from the green spaces and reinstate some form of law-abiding behaviour on those who consider themselves to be above the law, we now have a free-for-all land grab of the green fields of Harlow.

Green spaces which my children and grandchildren play on are now being systematically occupied by horses. I believe there are supposed to be three areas of common land on which these horses are entitled to graze. However, we now have playing fields and roadside wedges taken over by tethered horses ploughing up circular areas of greenery into mud and horse excrement all over preventing children from playing safely.

There have also been instances of these horses getting loose from their tethers and posing serious risks to both passing pedestrians and, even more dangerously, to busy main roads nearby, particularly Abercrombie Way and First Avenue.

Is it too much to ask that something be done about this flagrant disrespect for the law-abiding citizens of Harlow?

name and address supplied

Volunteers are our heartbeat

SIR The British Heart Foundation is calling for Star readers to become Heart Heroes and use some of their spare time to volunteer for the nation's heart charity.

We are always on the lookout for more volunteers to join the fight against heart disease. You can get involved in a number of ways including becoming a volunteer driver, merchandising clothes, shoes and accessories to window dressing working behind the till, and administration work. We are

keen to hear from anyone who has a few hours to spare.

Volunteering with the BHF for just half a day a month could fund one of our scientists to carry out lifesaving research for a whole hour.

Our volunteers are at the heart of the charity and we simply wouldn't be able to continue our life-saving work without them. We appreciate every minute people can spare and to show how grateful we are, we also hope to give something back.

You could even volunteer some extra time to clear out your wardrobe. Our BHF shops always needs more stock. Your unwanted items help fill the shop shelves and raise valuable funds in the fight against heart disease. We operate a free collection service which can be booked on 0800 915 1111 or for larger furniture and electrical items, visit bhf.org.uk/free

For more information on volunteering opportunities visit bhf.org.uk/volunteer

Louise Harbour, regional manager
British Heart Foundation

Angel in disguise

SIR I would like to thank the lady who helped me up after I fell near Lister House earlier this month.

She accompanied me into the surgery and waited with me until a member of the medical staff was able to attend to me. She is an angel in disguise!

I would also like to thank the nurses at Lister House who quickly fitted me in to their busy schedule in order to patch up my wounds and to apologise to their patients who would have been kept waiting. A thank you is also due to the kind neighbour who waited after her appointment to give me a lift home.

E. Juniper
address supplied

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Day of 'simples' pleasures was a joy for Jasmine

Foundation brings meerkat dream true

Gemma Gardner

gemma.gardner@hertsexnews.co.uk

THE wish of a little girl from Harlow came true with the help of a charity that supports young people with muscle-wasting diseases.

Nine-year-old Jasmine Eardly was whisked off to Paradise Wildlife Park in Broxbourne by The Muscle Help Foundation to meet her favourite animal – the meerkats.

She had an exclusive surprise meeting with the native African creatures and was given her own meerkat adoption kit by Lynn Whitnall, chief executive officer of Paradise Wildlife Park.

Jasmine has type II spinal muscular atrophy, which is characterised by muscle weakness that develops in children between the ages of six and 12 months.

Atrophy

This condition is characterised by progressive muscle weakness and atrophy of the limb muscles associated with motor neurone loss in the spinal cord.

Children with type II can sit without support, although they may need help getting to a seated position. Individuals with this type of spinal muscular atrophy cannot stand or walk unaided.

Jasmine was nominated by her teacher Sarah Jeffery, who said: "Thank you all so much for Jasmine's amazing day – it was such a lovely day. What your charity does is just fantastic."

Following her visit the wildlife park Jasmine and her family and friends were treated to a spectacular meerkat-themed afternoon tea at Fanhams Hall near Ware. This was followed with a karaoke sing-a-long.

"Much fun was had by all," added Sarah.

Muscle Dream Foundation volunteer Marilyn Kanter, who travelled from Teddington with



CLOSE ENCOUNTER: Jasmine, 9, gets face to face with her favourite animals, the meerkats, at Paradise Wildlife Park

her ten-year old-daughter Freyja, to attend said: "Chatting and reflecting over the wonderful day

we have just had. "Can't thank you all enough for giving us the opportunity to be part of Jasmine's Muscle Dream and experiencing the joy and pleasure you bestow upon the families. We would relish future opportunities to be involved again."

The Muscle Help Foundation brings together children, young people and their families, creating communities through transformational events, networks and activities. Through Muscle Dreams and by bringing beneficiaries and families together, we aim to help fulfil their potential, giving them a sense of purpose and hope for the future.

■ For more information visit www.musclehelp.com



FURRY FRIEND: Jasmine strokes a meerkat

Appeal after handbag snatched from pensioner

A MUGGER snatched a handbag from a woman in her 80s near Potter Street, Harlow.

The woman was walking near the junction with Hillside, at 5pm last Monday (April 13) when she was approached from behind and her bag was taken from her shoulder.

The thief, described as white

and around 20 years old, then got on the back of a motorbike being ridden by another man.

Anyone with information is asked to contact PC Neil Armor at Harlow police station on 101 or Crimestoppers on 0800 555111.

Last week an 84-year-old woman was robbed by two teenagers on a moped in Pyenest Road,

Harlow. The victim was walking on the pavement when the suspects pushed her onto the ground as they passed and stole her grey leather handbag containing her purse, cash, bank cards, keys and documentation.

She suffered multiple injuries to her wrist, face, hands and body.

Parents' anger at school decisions

Brothers separated by admissions ruling

William Mata

william.mata@hertsessexnews.co.uk

A MOTHER says she is worried for her health after her son failed to get a place at the same primary school as his brother.

While 87 per cent of children in Essex were offered their first choice and 93 per cent their first or second, many missed out altogether, and will have to send their children to a school further away.

Mother-of-three Alessia Morena, 26, who lives in Potter Street, Harlow, said she is "stressed" at the thought of doing two school runs and worried about her health after her younger son Max, four, was unable to get a place at any of her four chosen primary schools.

Max was given a place at Potter Street Primary Academy despite Mrs Morena's oldest son Harry, seven, already attending Henry Moore Primary School, which had been their first choice.

She said: "He did not get any of our first four choices, despite the fact I wrote to the Essex County Council about my mental health problems.

"Now I'm worried that having to do two school runs will be too much for me to handle. I'm worried about my health. My doctors are saying it's a bad idea for me.

"There are so many people I know who have not got places," added Mrs Morena, who also has a three-year-old daughter Amelia who attends nursery. She also applied to Fawbert and Barnard Primary School, Church Langley Primary and Ivy Chimneys in Epping.

Family friend and neighbour Stacey Bristow, 28, was also unable to get to secure a place for her son Noah at any of her first four choices and was also given a place at Potter Street.

Disappointed

She said: "I feel disappointed and upset. I'm now having to re-think things, and I am considering sending him to a school out of the area."

Ms Bristow says she is concerned about the academic performance of the school.

Essex County Council said that of the 1,284 applications from Harlow there were 18 cases where a parent did not get an offer of any of their four preferences.

Cllr Chris Kiernan, interim director for commissioning education and lifelong learning, told the Star: "It is true that some parents - mostly although not solely in areas of significant pupil growth - are not allocated one of their four preferences.

"This will obviously be a disappointment to those parents, but it should not have come as a surprise.

"All the information is available in the admissions booklet for parents to know their chances of getting into a school they prefer.

"Parents want, quite understandably, to get a place at the best schools near them. However, these schools are invariably popular, and many have, as a consequence, tight catchments."

He added: "The legal obligation of the local authority is to ensure there is a school place available for every parent who wants one. In very difficult circumstances the council has met this requirement every year and is confident of its ability to do so into the future."



WORRIED: Alessia Morena with her sons Harry, seven, and Max, four

Majority get first choice despite pressure on places

MORE than 87 per cent of parents applying for primary school places for their children in September have been offered their first preference, according to Essex County Council.

Despite increasing pressure for places, County Hall said that 93.3 per cent of children due to start in reception class had been given either their first or second choice of schools.

The county council dealt with more than 16,500 applications, with parents receiving notification on Thursday.

Chris Kiernan, ECC's interim director for commissioning education and lifelong learning, said: "I am delighted we have once again been able to offer the vast majority of children their parents' first preference primary school despite the growing pressure on places.

"This achievement is a further demonstration of the continued investment we are making in creating additional primary school places, as well as the hard work and dedication of schools and admissions staff."

He added: "I am well aware that many parents will have been waiting nervously ahead of primary offer day but I hope they will be pleased with the outcome and can now look forward to their children starting school for the very first time in September."

Earlier this year ECC received confirmation from the Department of Education of a new £41.4m grant, bringing the total funding to support the creation of new school places over a four-year period up to 2017/18 to £137.7m.

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1 As MP for Harlow, how would you encourage redevelopment and business into the town centre?

■ ROBERT HALFON

My relatives owned the old John Walton clothes shop near Market Square which opened in the 1950s. My cousin, alongside countless residents, told me how wonderful Harlow town centre was in its hey-day.

For years we've been promised by one council after another real regeneration but apart from the Water Gardens and Harvey Centre not much has happened.

I would welcome the opportunity to work with the council on regenerating the town. We need our town centre properly cleaned and maintained.

The Government has helped Harlow businesses by cutting business taxes, giving a £2,000 National Insurance rebate and a £1,000 business rates cut for small shops. We need to attract business with lower taxes and real renewal of our town centre.

I believe the council should implement free WiFi across the town to ensure that the public and businesses have every opportunity to join the internet age.

■ SUZY STRIDE

I'd work constructively with Harlow Council to help aid regeneration in the town centre and it would be a key priority for me.

I would also look to set up an all-party group of MPs from new towns across the country so that we can up the profile of the new towns nationally and make the case for government action on regeneration in these areas.

In the same way that there was a move for regeneration of inner cities 20 years ago, we now need a similar push in places like Harlow.

Nationally, I'd be lobbying for Labour's promise of £1m new high technology green jobs to be of benefit to Harlow.

I'd also support Labour's plan to freeze business rates for small businesses and set up a regional network of green investment banks to boost lending for SMEs.

■ GEOFF SEEFF

Town centre regeneration is the domain of the local authority. However, as evidenced by the withdrawal of Marks and Spencer, the advent of internet shopping coupled with the easily accessible malls of Stratford City, Thurrock and Blue Water means that Harlow cannot expect to secure regeneration through retail development.

I would encourage the council to use CIL (Community Infrastructure Levy) money, TIF (Tax Increment Financing) and seek grant funding (eg Arts Council) that would allow local organisations such as The Playhouse and the college to work together and create a cultural quarter, building on the opportunity of Harlow's respected regional reputation in the arts.

This initiative would then gather a momentum of its own, drawing in a range of cultural and leisure amenities, restaurants, bars and clubs and, in due course, residential development.

In this way Harlow's town centre can become a safe and vibrant place in which to live, study and work.

■ SAM STOPPLECAMP

For the town centre I would start with reducing business rates to attract small business.

Ukip has also been about reducing bureaucracy and red tape so we can make it more simple for enterprising people to realise their dream.

Much work has been done for the Enterprise Zone here in Harlow but still after five years we have yet to see any new business or, in fact, any of it completed.

This is endemic of Harlow Council. In Harlow Common we have waited for a redevelopment of Prentice Place. It has taken 12 years and tens of thousands of pounds to still have no detailed answer to what will be done.

Candidates quizzed on town centre and trains



ROBERT HALFON
Conservative



SUZY STRIDE
Labour



GEOFF SEEFF
Liberal Democrat



SAM STOPPLECAMP
Ukip



MURRAY SACKWILD
Green



EDDY BUTLER
English Democrat



DAVE BROWN
TUSC



WITH just two weeks to go before voters in Harlow go to the polls to elect the town's next MP, the seven General Election candidates have been out and about canvassing for votes.

So far the spotlight has mainly fallen on a national agenda of party policies, with local issues being consigned to the sidelines.

This week the Star gave all seven parlia-

mentary candidates the chance to voice their views on two local issues which regularly feature in readers' letters – the state of the town centre and local train services. The candidates were invited to submit 150-word answers in which to state their case on both issues. This is what they had to say.

■ Did the candidates answer sufficiently? Have your say online at harlowstar.co.uk.

We need good councillors pushing for completion on project.

■ MURRAY SACKWILD

As MP I would be keen to encourage new local enterprises, with start-up subsidies, to establish new businesses in the town centre, giving it an independent, attractive, environmentally friendly, re-invigorated feel and moving away from the clone town image that many new towns have.

I would, however, insist on real full and part-time posts in these new stores, paid on a living wage.

I would encourage more licensed street stalls to give a cheaper foot-up to young local residents to establish new exciting ventures, introducing a high street bustle and buzz.

Cheaper, efficient, low emission and more frequent council-owned buses would also bring more local people to shop and browse. More buses from the train station and outlying areas of the town and surrounding villages would also be beneficial.

■ EDDY BUTLER

One of the main disincentives to the development and prosperity of the businesses in Harlow town centre are the parking charges levied by the car parks. There are a tiny number of 30-minutes free parking bays.

There should be free parking in the car parks and at all local shopping centres. This will attract customers and encourage more businesses to open up, including premium outlets such as the new Five Guys burger restaurant.

Harlow could be a major retail and leisure magnet for shopping and the arts. This will provide jobs and improve the quality of life for residents.

One of the problems is that Velizy Avenue acts as a barrier between the college and the Leisurezone and the town centre. A means of building a wide green pedestrian bridge or perhaps a covered all-weather crossing linking straight to the town centre should be investigated.

■ DAVE BROWN

Small businesses and shops are being squeezed and driven out by giant corporations, unaffordable rents, rates, and taxation.

This year Robert Halfon voted for £30bn worth of further cuts, the Labour Party and Ukip pledge continued

austerity and offer nothing different. Only TUSC offers Harlow people a way to change society.

Decisions about how the town centre could be redeveloped should be made at a local level – with a market, small independent shops, reuse and repair services, arts, culture and green spaces to be considered.

The handing over of properties to private landlords and more faceless flats must stop. Revitalise the Stone Cross area which has become lifeless.

These things are possible when we tax the super-rich one per cent and work for the benefit of the 99 per cent.

2 How would you improve train services to and from Harlow? What would you do to increase the capacity and reliability of the trains?

■ ROBERT HALFON

Throughout my five years as Harlow MP I have met regularly with Abellio Greater Anglia and the Government to press for improvements to the service and our stations.

I have held Abellio to account by representing residents affected by bad service. Over the coming months we expect to see new and better carriages, the introduction of smart card ticketing, easier ways to claim compensation, better train maintenance and improvements to some of our stations.

If I am re-elected I will continue to fight for better services and to keep rail prices lower. I am glad that we froze rail fares for 2014 and 2015 and capped the fare increase rail companies can enforce, a stark difference to the 11 per cent fare increase under Labour.

A future Conservative government will freeze rail fares in line with inflation for the next five years, saving each season ticket holder an average of £400 every year.

■ SUZY STRIDE

I'd push for the infrastructure improvements we need on the line to improve the service. In particular I am keen to see a four-tracking of the railway line.

Improvements in public transport are a vital component in the regeneration of Harlow. Four-tracking would significantly improve resilience (so that breakdowns do not impact the route) and capacity, which along with

improvements to signalling and level crossings would also improve journey times.

Simply lengthening trains and, as a consequence, platforms, while important, will not be enough.

I do worry that local commuters in Harlow aren't getting a fair deal from the current system for companies to run the franchise on routes. The franchise needs to be reviewed and I will support plans to do this.

I'll also support Labour's plan to allow public sector operators to bid for franchises and challenge the private train operators to drive up quality of the service and value for money. We'd also cap train fares.

■ GEOFF SEEFF

Abellio Greater Anglia's performance has been improving over the past year. With the exception of the Stansted Express, in recent months over 92 per cent of its services have met the published timetables.

This has to some extent been achieved at the cost of overcrowding and litter on peak-time commuter trains.

I don't know enough about Network Rail's capacity on the east of England track and stations but if there is sufficient I would encourage Abellio to consider adding one or two extra services on the most popular route (Cambridge to London) over the two-hour morning and evening peak times.

If commuters can be reasonably assured of a seat in a clean train, more may be tempted out of their cars and thereby provide the additional revenues needed to run the extra service.

■ SAM STOPPLECAMP

As with all train services, investment for the tracks and trains should be a priority.

Let's drop HS2 and invest the money in all the existing rail links to improve services a bigger proportion of the commuters. It will be amazing how far £50bn would go if spread around the country.

UKIP is not in control and doesn't always have all the information, but if given a chance we could find even better solutions to make everyone's lives a little better.

■ MURRAY SACKWILD

I fully support Green policy of taking all privately owned train companies into

public ownership. This would certainly include the shoddy Abellio Greater Anglia service.

A much better service – with fares frozen for two years (and only rising at the rate of inflation thereafter) and a greater range of special offers during the day – will serve the people of Harlow much better.

A united national service will make ticketing more efficient and user friendly and the significant profits would be reinvested into new stock and refurbished carriages.

A more frequent service and joined up timetables with improved, publicly owned bus services will make access across the region easier.

The Green Party would like to see less car use but that remains unrealistic until the public can trust public transport systems, afford them and enjoy journeys in comfort.

■ EDDY BUTLER

I would encourage commuters and train users to get in touch with me if they have any concerns which I would take up directly with the Abellio Greater Anglia managing director as well, if necessary with Network Rail.

The main problem is that the rail service was put out to tender and due to our membership of the European Union we were obliged to accept bids from overseas companies that do not have the same interest in maintaining our assets for the benefit of the community.

Abellio is actually owned by the Dutch government. In stark contrast to the situation in this country, the Dutch government gives heavy backing to its state-owned railway company.

Our railway is owned by the Dutch government with the aim of making profit to benefit the people of the Netherlands.

No real improvement can be expected in our rail services until they are brought back under national control, which can only be done if we leave the European Union.

■ DAVE BROWN

The railways need to be taken into public ownership.

Twenty-two years of rail privatisation has meant 22 years of price hikes, worse services, overcrowding and massive profits for the train companies.

Tributes to a nightclub DJ described as inspirational



TRIBUTES have been pouring in to a former nightclub DJ who was a popular part of the 1980s and '90s dance scene in Harlow.

Pepe Herod died in the early hours of Sunday after a short battle with cancer. He was 68.

Mr Herod, who had nine children, 19 grandchildren and two great-grandchildren, earned a reputation as a talented DJ and pioneer of new music in the town.

People posting on a Facebook group set up in his memory described him as "inspirational", "funny" and "talented". He will be best remembered for his performances at Tiffany's in the town centre.

His son, Aiden, said this week: "He was an overwhelming icon and legend, someone who everyone looked up to in the family. He was in everybody's life."

"He was one of the first black people in Harlow when he came here in the 1960s and lived in the same house in Milwards for all of that time."

Mr Herod's funeral will take place at Holy Cross Church, in Traces Road, next Thursday.

Airport to open schools facility

YOUNGSTERS will be able to explore the history of Stansted Airport and get an insight into how a busy modern airport works when a new educational facility opens this summer.

Aerozone will offer children activities designed to give them a taste of airport life and an insight into the variety of careers on offer across the site.

Joanne Davies, education co-ordinator for Stansted Airport, said: "The Aerozone aims to inspire a generation of young people to choose an exciting and rewarding career."



KEY MOMENT: Helen Pratt, left, from Insight Private Finance presents raffle winner Myrtle Prodger with the keys to her new Suzuki Alto car, watched by St Clare lottery manager Caron Lakey

Raffle winner's car delight

THE winner of St Clare Hospice's spring raffle was presented with her prize this week – the keys to a brand new car.

The winning ticket bought by retired nurse Myrtle Prodger was drawn by hospice mascot Clare the Bear in a giant inflatable airdome at the Harvey Centre last month.

"I was completely staggered and delighted when I received the telephone call to say I had won," said Mrs Prodger, who lives in Harlow. "St Clare is a wonderful place and I understand just how important the service is to local people. It's a privilege to be able to support the hospice in this way."

Raffle organisers marked the 25th anniversary of the opening of the Hastingwood hospice by offering a total of 25 prizes, including a

£1,000 cash prize, which was won by Kenneth Clarke from Harlow, and a 40-inch television won by Nadine Holland from Loughton.

More than 13,000 tickets were sold for the raffle, which was sponsored by Insight Private Finance and supported by Spellbrook car dealership Hilton Suzuki. It raised almost £28,000.

St Clare lottery manager Caron Lakey said: "Since the hospice was founded in 1990 we have been able to help care for and support more than 10,000 people."

"We really are grateful to everyone who bought a raffle ticket, helping us raise vital income so we can provide our specialist care and support to every local person who needs us now and in the years to come."

Fears over McDonald's 24-hour opening plans

Parish councillors object to takeaway's round-the-clock service bid

Simon Murfitt

star@hertsessexnewss.co.uk

PLANS to extend the hours of the McDonald's restaurant at Hastingwood so that it can stay open round the clock are being opposed by parish councillors because of concerns that noise from heavy lorries will disturb residents living nearby.

The fast-food outlet near the roundabout junction of the M11 on the outskirts of Harlow is seeking to extend its opening hours from the current 6am to midnight.

It said 20 jobs will be created if the proposal goes ahead.

But North Weald Bassett Parish Council has raised concerns about disturbance and litter. Councillor Brian Bertram, who represents the Hastingwood ward, said: "There is a problem with litter over there at the moment, raised by local residents."

"If lorries started turning up in the night it would be a matter of disturbance to residents and excess litter. Litter has been a problem in the past. They used to do a litter pick but I think they may have now stopped it."

"The lorries would come in and park in the layby near the cottages and one of our main concerns is that it would wake the people living there up."



OPEN ALL HOURS? The McDonald's restaurant at Hastingwood

The parish council has also put on record its concern about the environmental impact round-the-clock opening times would have.

At a meeting of the planning committee, Councillor Baden Clegg said: "I totally object to a 24-hour McDonald's. I don't think that the people who live next door

will appreciate that when HGVs come and park. They will not get much sleep."

"I don't think they know what they are letting themselves in for. I just don't like the idea."

In the application, McDonalds said said a voluntary consultation carried out by franchisee Tony Fagg found most people

asked were in favour of the plans.

Mr Fagg said: "If our application is successful, extending the opening hours of our restaurant would create 20 new jobs locally and allow us to provide a convenient choice for our customers who are increasingly living outside of the nine-to-five routine."

"We consulted extensively before submitting our application to ensure we are having a positive impact on local residents."

"This includes speaking to local residents, the police and speaking to the council's neighbourhood's directorate regarding various environmental initiatives working to minimise litter."

"We are committed to this area and my main priority is to be a good, responsible neighbour and a valued local employer."

"Whatever our opening hours, we will continue to work closely with any member of the community who has concerns about the impact of our restaurant."

The parish council will ask Epping Forest Council whether, should permission be given, a condition can be imposed requesting additional litter picks in the area.

The application will be discussed by the district council at a later date.



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New High Sheriff will work 'for the greater good of community'

THE new High Sheriff of Essex says he is looking forward to working "for the greater good of the community".

Vincent Thompson, 64, has taken over the role from Nicholas Carrington after being installed during a ceremony held at Chelmsford. He is the 835th person to hold the position.

The office of High Sheriff is an independent, non-political royal appointment which lasts for 12 months. The holder, who is required to make a meaningful contribution to the county during their year of office, receives no expenses and there is no cost to the public purse.

Father of two Mr Thompson, a senior practitioner in corporate finance, said: "It was a great honour to be nominated and, being born and bred in Essex and holding a great affection for the county in all its diversity, I was delighted to accept."

Mr Thompson, who lives in Little Easton, has a particular interest in the issues of the long-term unemployed and the homeless as a result of his work as a fundraiser for Anchor House, a home for the rehabilitation of the homeless in Canning Town.

During his year as High Sheriff he will raise money for the High Sheriffs' Fund, which is managed by the Essex Community Foundation and used to support the work of voluntary and community organisations which help make their communities safe from – and reduce the fear of – crime.



HONOUR: Vincent Thompson

School's coach gift a dream come true

Housebuilder presents academy with new minibus

Ken Morley

star@hertsexnews.co.uk

THE presentation of a new minibus to a school in Harlow for youngsters not suited to mainstream education will boost students' self-esteem and confidence, according to the principal.

Deborah Garfield, head of Aspire Academy, in Commons Road, was handed the keys to the Variety Sunshine Coach by Peter Diffley, managing director of housebuilder Crest Nicholson.

The school had been relying on local community and public transport to transport pupils since it opened last September, but will now use the minibus five days a week to take them to educational, cultural and sporting events, community projects and therapeutic sessions.

"We are always telling our pupils how special and valued they are and to finally be driving them around in a brand new minibus is a huge boost to their self-esteem and confidence," said Ms Garfield.

"Thanks to this donation we are already re-writing our curriculum to feed in more opportunities for our pupils to experience the wider world and raise their aspirations for their own futures. This is something we couldn't do before."

The minibus is the 16th to be donated by Crest Nicholson, which has raised more than £500,000 since it started supporting children's charity Variety 10 years ago.

Mr Diffley said: "We know from exper-



IN THE DRIVING SEAT:

Academy principal Deborah Garfield receives the keys from Peter Diffley, watched by head girl Alyshia Gould, head boy Kai Challis-Tarling and pupils Thomas Sabbarton (Year 6) and Alexia Armstrong (Year 4)

ience what a huge impact these minibuses have on the lives of the children and young people at the schools who need them.

"It has been incredible to see the fundraising work of our staff, suppliers, contractors and stakeholders across the business paying off in such a wonderful way."

Variety's head of corporate fundraising Mike Haszko and Sunshine Coaches committee member Julie Banes also attended the presentation ceremony.

Head girl Alyshia Gould and head boy Kai Challis-Tarling thanked Crest Nicholson and the Variety Club on behalf of the school for "helping us to realise our

dream of having our own minibus".

Alyshia said: "It will allow us to explore our town, our county and our country further and experience more of life so we can see the many options that are open to us outside of our school."

Kai added: "The only downside of this is that Ms Garfield is also intending to use it to hurry out of bed the usual latecomers in order to support them in getting into school on time in the mornings!"

Aspire Academy provides an alternative to mainstream education for children and young people aged 4-16 with a wide range of needs including social, emotional or behavioural difficulties.

In brief

Ambulance trust tops response times table

THE ambulance trust serving Harlow has topped the latest league table for response times for the most critically ill patients.

According to figures released by NHS England for February, the East of England Ambulance Service Trust responded to four out of five 'Red 1' calls within eight minutes.

A year ago the trust recorded one of the worst performances for responding to urgent 999 calls.

EAST received more than 1,200 'Red 1' calls, which include cardiac arrests when a patient is not breathing and has no pulse, in February.

Chief executive Anthony Marsh said: "This is further evidence of how much the trust has improved over the last year despite an increase in demand and is thanks to the dedication and hard work of all our staff and volunteers."

Warden assaulted

POLICE investigating an incident in which a traffic warden was struck by a car in Harlow town centre are trying to trace a witness who spoke to the victim.

The warden was hit by the bumper of a black Mercedes in West Gate. Although she was not injured, police are treating the incident, which happened at around 2.30pm on Friday January 30, as an assault

■ Anyone with any information is asked to contact PC Hall at Harlow Police station on 101 or Crimestoppers on 0800 555111.



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Funky fingers get the thumbs up from pupils

CHILDREN at Freshwaters Academy in Harlow are having fun developing their writing skills by taking part in a series of 'funky fingers' exercises.

The youngsters in the school's nursery and reception classes have been holding the daily 10-minute classes which have been designed to improve fine motor skills.

Teacher Tiia Sutherland said: "They are given tasks to complete such as seeing how many pompoms they can move from pot to pot using tweezers, how many elastic bands they can put around a paint bottle or how quickly they can fill a skewer with beads and then empty it again."

"The sessions are always done

to music with a strong rhythm or beat and when the music starts the children are engaged with their Funky Fingers activities."

The activities are changed every week and each day the children try a different activity in groups.

"They love their funky finger sessions," said Ms Sutherland.

Schools taking a lead in training

Partnership aims to solve staff shortages

A SCHOOL in Harlow is one of three in west Essex co-ordinating a training programme at both primary and secondary levels which aims to provide "local teachers for local schools".

Burnt Mill Academy along with the Davenant Foundation School at Loughton and St John's Primary School in Buckhurst Hill are the lead schools in the West Essex Teaching School Alliance (WETSA) which was set up to share outstanding practice, raise standards and train new teachers.

The partnership of eight west Essex secondary schools – which also includes St. Mark's, Stewards, and Passmore – has already been successful in attracting applicants who train and are then employed by the school.

The three lead schools are now recruiting locally for the School Direct Programme in response to a critical shortage of teachers in subjects such as mathematics, science, modern foreign languages, computing, technology and geography.

The Government identified a number of "shortage subjects" and these now attract either bursaries or a salary grant depending on the subject and class of degree.

Before starting their training the participants must gain experience in schools as teaching assist-

ants, cover supervisors or in some other classroom capacity.

They then work with Hibernia College UK using a combination of methods including online provision, in-school training and mentoring supported by an external tutor with subject expertise.

The strength of the partnership has been recognised by the National College of Teaching and Leadership, with numbers taking part doubling from 12 to 25 in the past two years.

There are currently 20 teachers allocated to the eight schools for 2015-2016.

The primary school training, which is being led by St. John's and Burnt Mill is organised differently. Currently there are 17 trainees in primary schools across the area with that number expected to increase to 28 in 2015-2016.

All of the 2013-2014 trainees found jobs and so far 21 of the current 25 have secured employment locally from September.

Chris Seward, headteacher of Davenant School, said: "All headteachers in west Essex are concerned about recruitment of teaching staff into the area and, consequently, we want to attract good people into starting their careers in our schools and, therefore, give us more supply in the years ahead."

Nursery prepares for experience day

PARENTS are being invited to join in the fun with their children when a Harlow nursery opens its doors for an experience day on Saturday.

Kiddi Caru, in Kiln Lane, will be staging various activities including sensory play sessions, French lessons and pizza making. Visitors will also be able to enjoy lasagne prepared by the on-site cook.

Nursery manager Vania Farinha said: "Our door is always open to parents but we like to have special days throughout the year when they can come in and get a real feel for what their children do here."

The nursery will be open between 10.30am and 1pm.



The appliance of science

A SCIENCE show which transformed experiments into a fun and interactive learning experience entertained children at Mandeville Primary in Sawbridgeworth.

The theme was air and featured experiments involving

tornado tubes, flash paper and a wind bag.

Holly Tetlow, the school's science leader, said: "The children absolutely loved the show and were wowed by the experiments designed to spark their imagination and curiosity."



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Debbie's marathon effort for hospice

St Clare trustee to run in memory of her father

Gemma Gardner

gemma.gardner@hertsessexnews.co.uk

ST CLARE trustee Debbie Bodhanya will be among the 13 runners taking part in Sunday's Virgin Money London Marathon to raise much-needed funds for the Hospice.

Debbie was inspired to sign up for her first marathon in memory of her dad Gerry, who passed away suddenly in 2003 from an aggressive form of skin cancer, and hopes to raise more than £4,000 for the Hastingwood-based charity.

Debbie, who has been a St Clare trustee since 2010, said: "My dad was a fit, strong, healthy man.

Grafter

"He swam three times a week with his friends at the 'early birds' club, walked lots and was just starting to enjoy his retirement. A grafter is how I'd describe him.

"He worked two jobs and always did his own house renovations and car maintenance. In my eyes there was nothing he couldn't fix."

However, one weekend in November 2003, the former registered nurse from Old Harlow got the sense that something wasn't quite right at home in her childhood town of Stoke-on-Trent.



STEPPING OUT: Debbie Bodhanya will take part in the London Marathon

She packed the car with her then seven-year-old daughter Charlii, remembering to take her trainers ready for her regular early morning run, and drove the 175 miles home to find her dad with a terrible cough.

"He told me not to make a fuss but he was breathless and really sounded

dreadful," she said. "The trainers never got used as the next morning I insisted I take him to the local walk-in centre and from there he was 'blue lighted' to A&E and admitted to hospital. Just over two weeks later he died in hospital, diagnosed with a very nasty form of skin cancer.

"I will always regret that we weren't able to move Dad home or to a hospice to make those last days more comfortable and peaceful."

Debbie, who is the managing partner at The Limes Medical Centre in Epping, added: "In the four years I have been a trustee at St Clare I have seen the incredible work the team there do to provide superb home and hospice care.

Passionate

"The clinical care is excellent and the whole team are passionate about the experience they provide for patients and families at such an important time.

"The Inpatient Unit, community service and day therapy all need us to help them to keep this service running so patients like my dad can choose to die in dignity with their families around them."

To sponsor Debbie visit her fundraising page at www.justgiving.com/Deborah-Bodhanya.



Housemate's death inspires Ryan to run

RYAN Lanham was the last person to see his university housemate Hannah Pickering before she went to sleep in 2011 and tragically did not wake up.

He was also in the year below Caroline Johnstone - whose memory inspires Cazfest - at the Bishop's Stortford High School.

Both passed away suddenly due to unforeseen cardiac problems and, as a result, Ryan says he feels "compelled" to support Cardiac Risk in the Young (CRY) by running this year's London Marathon.

The 23-year-old, who

was a member of the Warwick University cross-country team, said: "In my own way of remembering the two larger-than-life characters I have known and lost to this condition, I wanted to raise money for this fantastic cause."

Ryan, a business development associate from Harlow, hopes to complete the London Marathon in just under four hours.

He joked: "That's my motivation to keep running - to save the awkward silence!"

Ryan hopes to raise £1,800 for his chosen charity.

Slimming mum takes on 26-mile challenge

A HARLOW mum will tackle the London Marathon for children's charity Whizzkids, who support children and young adults affected by disability.

Karly Mascall, 44, of Cook Spinney, lost 13 stone on the Cambridge Diet Plan before training for the 26.2 mile race, which will be held on Sunday.

Mrs Mascall, who has a teenage son with cerebral palsy, said: "I wanted to give something back as we've had so much help from them in the past."

Mrs Mascall, who now works as a Cambridge Diet Plan consultant will be running the marathon with friend, Nicolette Whitehead, 44, of Finchmoor, Harlow.

The women started training a year ago and are looking forward to their first marathon.

Helping the homeless

A HOMELESS charity trustee and volunteer is hoping to raise hundreds of pounds by taking on the London Marathon.

Steve Jack will be taking the 26.2 mile course for the first time and says it's by far the longest run he's ever done.

He will be raising money for The Chocolate Run, a Harlow-based charity that helps the homeless.

He said: "We're a small local charity with no full-time staff and no lottery or grant funding."

Around 25 homeless people were able to have a place to sleep for 10 days over Christmas at the charity's haven.

To sponsor Steve visit his fundraising page at https://my.give.net/cr_marathon_2015.

Are you taking part in this year's Virgin Money London Marathon? Contact us at star@hertsessexnews.co.uk or tweet @HarlowStar

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news from North Weald

Mums call for CCTV at children's play area after act of vandalism

THE possibility of installing CCTV cameras at the Weald Common play area are to be investigated.

The North Weald Mums fundraising group has approached North Weald Bassett Parish Council following incidents when a slide was littered with broken glass and graffiti was daubed over play equipment at the play area behind North Weald Village Hall.

When the issue was discussed at a parish council meeting last week, a question was raised over the availability of electricity. However, a member of the public thought that it may be possible a supply could be sourced from either the village hall or the nearby electricity sub-station.

NWM representative Sue Malpass said the group was prepared to raise the funds to meet the cost of the equipment and also to apply for grants. "I see CCTV as the only way we can try and deter what has happened up there," she said. "I think it can only act as a positive deterrent."

Councillors agreed by eight votes to two that CCTV should be a priority for the site.

More time for residents' feedback

RESIDENTS are being given more time to comment on concerns that two significant parts of the parish could be earmarked for development.

North Weald Bassett Parish Council has decided to create a neighbourhood plan to allow people the opportunity to decide the future of the places where they live and work and choose where they want new homes, shops and offices to be built.

However, Epping Forest Council has said it would be premature to include two "strategic" sites - Latton Priory and the Harlow gateway site off the A414 - in the plan while it was under a duty to co-operate with Harlow Council over their future.

More than 60 people have responded to the parish council's request for comments, with most saying it wrong for the areas to be excluded. The deadline for feedback has now been extended until May 15.

No objection to clubhouse plan

NORTH Weald Bassett Parish Council is not raising any objections to plans for a kitchen extension at The Squadron clubhouse at North Weald Airfield and an aircraft storage hangar on nearby land.

Voluntary groups share in £73k grant giveaway

Two Harlow charities among 26 in Essex to receive funding

Ken Morley

star@hertsessexnews.co.uk

TWO of Harlow's network of voluntary organisations have received a funding boost in the latest round of grants from the Essex Millennium Fund and Essex County Council's Chairman's Fund.

A £4,000 grant to help with the running costs of Harlow Volunteer Centre was given to Voluntary Action Epping Forest while Caring for Harlow Carers was awarded £3,300 towards the running costs of a respite club in the town.

The recycling project Epping Forest ReUse received £4,000 towards the rent for premises used for a furniture recycling project set up in 2012, while the Queens Hall Charity was awarded £811 to carry out urgent repairs to the sewerage system at a village hall in North Weald.

Grants totalling almost £73,000 were presented to 26 Essex-based charities and voluntary organisations at a ceremony held at the Essex Record Office in Chelmsford.

The funds, managed by the independent charitable trust Essex Community Foundation, give ongoing support for initiatives to enhance the lives of people living in Essex.

County council chairman Norman Hume paid tribute to the 10,000 voluntary organisations in Essex for the



contribution they make.

He told representatives of voluntary organisations attending the awards night: "You deliver a huge amount of good work throughout Essex and without people like you it would not be the county that it is. The work that you do keeps us going."

Challenging

"These are challenging times but Essex County Council is still committed to supporting the voluntary sector, without which we would not achieve half of what we are able to do."

The Essex Millennium Fund was established as an endowed fund within Essex Community Foundation by members of Essex County Council to celebrate the Millennium.

The fund, which provides an annual income for a grants programme, distributes funds to voluntary and community groups working within four priority areas, carers, community support, enhancing the environment and young people.

The Chairman's Fund was established in 2007 to support voluntary and community groups working to enrich the lives of people in their local

communities through activities exploring culture and heritage.

Caroline Taylor, deputy chief executive of ECF said: "A grant can be a lifeline for an organisation and we know that the voluntary sector needs substantial and prolonged investment in order to survive."

"Grants that are accessible, flexible and independently managed are an essential part of the local funding mix for any community organisation."

"Through the Millennium Fund and the Chairman's Fund grants are awarded to benefit the people of Essex in perpetuity."

GOOD WORK:

Left to right, Helen Gould (Queens Hall Charity), Epping Forest Council chairman Tony Boyce, Essex County Council chairman Norman Hume, Janet Whitehouse (Epping Forest ReUse) and Jacqui Foile (Voluntary Action Epping Forest)

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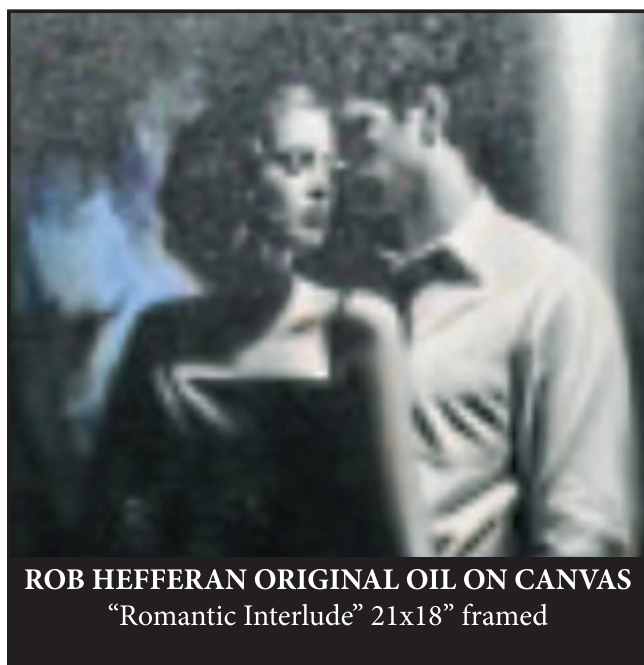
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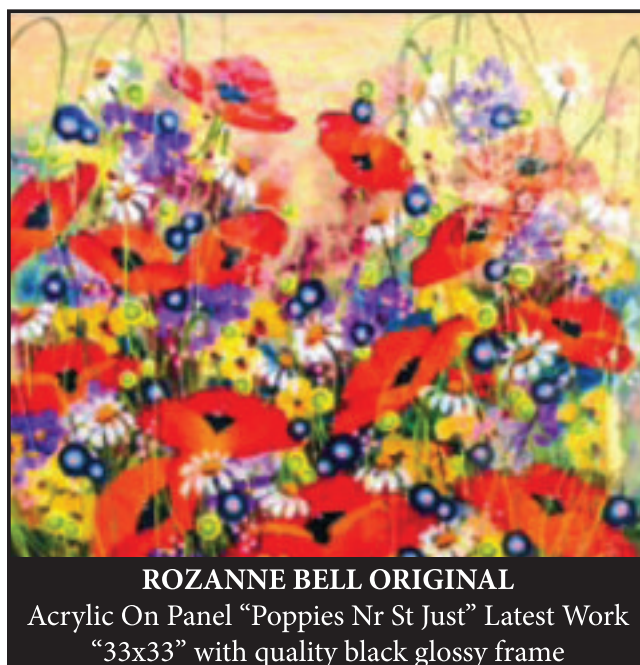
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Happy 18th



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Happy Birthday



Lohse-Deeks Ellis

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Mum & Dad xx



LOHSE-DEEKS Ellis — Wishing you a very happy 21st love from Grandad and Jean xx

Bereavements



HERBERT HEROD
 AKA "PEPE"

Passed away peacefully with his family by his side on 19th April 2015 aged 68 years, after a short battle with cancer bravely borne. A much loved Husband, Dad, Brother, Uncle, Grandad, Great Grandad and a friend to many.

His funeral service will take place at Holy Cross, Roman Catholic Church on Thursday 30th April 2015 at 12.30pm followed by burial at Parndon Wood Cemetery at 2.30pm. All welcome.

Flowers welcome or donations payable to St Clare Hospice may be sent c/o Daniel Robinson & Sons Wych Elm, Harlow CM20 1QP or visit the In Memory Page on their website www.drobinson.co.uk

"A LEGEND HAS GONE"

Bereavements



HARRY MEALING

Passed away peacefully on Tuesday 14th April 2015, aged 88 years.

Much loved Father, Grandfather and friend. Re-united with his loving Wife Molly.

A graveside service will take place at Parndon Wood Cemetery on Friday 24th April 2015 at 12 noon.

Flowers and all enquiries to Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990.

Terence John O'CONNELL (Terry)

Peacefully in Premier Court Nursing Home, Thorley, on 20th April 2015, Aged 83 Years. Now reunited with his Beloved Wife Rose. He will be Sadly Missed by Lillian, his Children Kevin, Sandra, Sheila and Kenny and all his Grandchildren, Great Grandchildren and Great Great Grandchildren. Terry's Funeral Service is to be held on Thursday 30th April 2015, at Parndon Wood Crematorium at 10.45 a.m.

All Friends are welcome to attend. Flowers or donations, if desired for Macmillan Cancer Support. Cheques made payable to MFH Charities Account. All enquiries, flowers and donations to Masterson Funeral Home, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238

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Mavis Rose PAVITT

Of Epping Green, Peacefully in the Princess Alexandra Hospital on 15th April 2015, Aged 80 Years. The Beloved Mum of Stephen and Mark and a Wonderful and Loving Nan and Granny to her Grandchildren. She will be Sadly Missed by all her Family and Many Friends. Mavis' Funeral Service is to be held at Parndon Wood Crematorium, on Thursday 7th May 2015 at 1.45p.m.

All Flowers and Enquiries to Masterson Funeral Home, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238

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Bereavements



Bessie Florence STALLEY

Peacefully in the Princess Alexandra Hospital on 14th April 2015, Aged 92 Years. A Beloved Mother, Grandmother, Great Grandmother and Great Great Grandmother who will be sadly missed by all her family and friends.

Bessie's Funeral Service is to be held on Friday 1st May 2015 at the Methodist Church, The Stow, Harlow at 12.30 p.m. Followed by Cremation at Parndon Wood Crematorium. Family flowers only Please, donations if desired for The British Heart Foundation. Cheques made payable to MFH Charities Account. All Enquiries and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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Marie Josephine STRINGER

Sadly passed away on 8th April 2015.

In loving memory of our much loved mum, nan and nana.

Although we cannot see you it doesn't mean you have gone because we love you and your memory will always live on.

With all our love Your loving Children, Grandchildren, Great-Grandchildren and Great-Great-Grandchild xxx



Maud Ware

Passed away peacefully on the 13th April 2015 aged 97. Will be greatly missed by loving daughter Linda, grandsons Andrew & Jason, son in law Roy, great grandchildren and family. Funeral at Parndon Wood Crematorium on Thursday 30th April at 3.15pm. Flowers to Daniel Robinson by 10.30am.

Linda Ensom

Bereavements



ELIZABETH WILDISH 'Betty'

Sadly passed away on the 15th April 2015, aged 83 years.

Devoted Mother, Grandmother and Great Grandmother who will be greatly missed.

Funeral Service will take place at Our Lady of Fatima Church, Harlow on Tuesday 5th May 2015 at 11.00am, followed by cremation at Parndon Wood Crematorium.

Flowers welcome or donations made payable to 'Dementia UK' and sent c/o Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990.

Brian GOYMER

After a long illness Brian passed away peacefully surrounded by his family on 16th April 2015, aged 73 years.

Brian will be sadly missed by his Wife Maureen, Daughters Lisa and Claire, Grandsons Jack, Connor, Jo Jo and all his family and friends.

Funeral service will take place at Parndon Wood Crematorium Chapel on Tuesday 28th April 2015 at 4.00pm. Immediate family flowers only please or donations, if desired, made payable to "Myotonic Dystrophy Foundation" may be sent c/o

Daniel Robinson & Sons, Wych Elm, Harlow CM20 1QP. Tel: 01279 426990

BRIAN RICHARD KING (Snowy)

Peacefully in the Princess Alexandra Hospital, on 16th April 2015, aged 77 years. Now re-united with his beloved wife Sheila. The dear dad of Stewart and Julie, and a wonderful and loving Grandad to his four granddaughters and one great granddaughter. He will be sadly missed by all his family and friends.

Snowy's Funeral Service is to be held on Wednesday 29th April 2015 at St Mary's Church Matching at 1.00 p.m followed by interment in the Churchyard.

Flowers welcome, please phone Creative Designs Florist, Old Harlow, on 412225, or donations if desired for the Harlow Alzheimer's Society. Cheques made payable to MFH Charities Account.

All enquires, flowers and donations to Masterson Funeral Home, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

Eileen LOVE

Passed away peacefully on 29th March 2015 aged 81 years.

Beloved Mum, Nan and Great grandma.

Funeral at Parndon Wood Crematorium on Friday 24th April 2015 at 2.30.

All enquiries to Daniel Robinson & Sons 146 High Street, Epping CM16 4AG

Cheryl Pittuck



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Hilda BEARD

Remembering a devoted mum, nan and great nan who left us 20 years ago. We still miss you as if it were yesterday. Love forever Carole, Colin, Gary, Ian, Sue, Annie, Karl, Martyn, Rosie and Noah.

RON OFFORD

2 years since you've passed Time slips by and life goes on, but from our hearts, you've never gone We think about you always, we talk about you too, we have so many memories, but wish we still had you

Love Mo, Julie, Wayne, Clare, Daniel, Luke & Tom

Kathleen FRIEND

Dec 5th 1940-April 21st 1995

Memories will never fade of our loved one who will always be missed and stay in our hearts forever.

Love You
Alan Rob Kelly Eileen
Katie & Leah

JOHN MORRIS

19th April 2001.

You're always in our thoughts, with memories that never fade. Loved forever Margaret and family
x x x

Angela RYAN

In loving memory.

Until we meet again,
may God hold you in the palm of His hands.

Bernard and Family

x x x

Performing arts group thrilled by college move

A THEATRE group which uses performing arts as therapy for people with special needs has moved to Harlow College. Bedazzle Performing Arts, which was previously based in Saffron Walden, has also introduced a new after-school club for children aged 6-11. It also runs a group for over 16s and is looking to start one for 12-16 year-olds.

Launched nine years ago by actress Diane Janssen, whose credits include appearances in Yes Prime Minister, The Bill and Coronation Street, Bedazzle allows people with a learning disorder to build confidence and gain life skills. It currently has 16 budding performers who have a mixture of special needs including autism, Downs Syndrome and development delays.

The school held an open day at the college on Monday to mark its move to Harlow.

Mrs Janssen, 55, said: "We are so thrilled to be in this wonderful professional environment at Harlow College and we have had lovely positive feedback. We can't wait to get going here; the open day was brilliant and we really left on a high."

While Mrs Janssen's experience is very much within the acting field, her well-trained and adaptive team of staff are able to provide high quality lessons in dance and performance. The school puts on regular stage productions and has previously had a dance troop make it through rounds of hit TV show Britain's Got Talent.



A Time To Remember: Meeting ahead of new Lusitania production

Theatre company invites people to share family memories

Ken Morley

ken.morley@harlowstar.co.uk

INCLUSIVE theatre company Razed Roof held a special event in the Gibberd Gallery this week to promote its forthcoming production about the sinking of the Lusitania, A Time To Remember.

The group, which is based at Harlow Playhouse, has received Heritage Lottery funding to stage the show next month, 100 years to the day after the British ocean liner was torpedoed and sunk by German U-boat during the First World War.

On Monday Razed Roof invited people to the gallery in Harlow Civic Centre to share their own family stories about life 100 years ago.

On display were local items from the Museum of Harlow relating to that time and information about the Lusitania gathered by members of the company.

The centrepiece of the display was a large model

of the liner which will be featured in the production.

Over a cup of tea and a slice of cake, many of which were baked by people interested in recipes from that era, visitors were encouraged to share their stories and some took along photographs, certificates, articles and medals.

Cake

A group of students from Harlow College baked a 'trench cake' similar to those which were sent to British troops in the trenches during the Great War.

"It was a wonderful, insightful backdrop to the forthcoming show which will be a commemoration of the sinking of this huge liner on May 7, 1915," said a spokeswoman for Razed Roof.

"The play will be in performance at exactly the time the Lusitania sank, a living memorial to the 1,200 people who lost their lives on that day."



MARITIME MEMORIES: Theatre company Razed Roof held an event in the Gibberd Gallery to plug its production about the sinking of the Lusitania

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RANGERS CLUB

Runner's world record

ON Sunday thousands of people will take part in the London Marathon, running just over 26 miles and raising hundreds of thousands of pounds for charity.

But one man has just completed an incredible feat of endurance by running around the world, a distance of more than 16,000 miles.

It took Kevin Carr a year-and-a-half, during which he ran the equivalent of a marathon a day through 26 countries.

His started off from Dartmoor in the English county of Devon in July 2013 and followed a route which took him across Europe, India, Australia, New Zealand, Canada, America, South America and Ireland.

When he finished he had set a new world record for the fastest time taken to run around the planet, beating the previous record by one day.

"It was a bit harder than I had anticipated and took me a bit longer," he told reporters.

During the adventure he was hit by cars twice, suffered heatstroke in India and wore out 16 pairs of training shoes.

He said: "I encountered some pretty scary things along the way, from packs of wild dogs in Romania to the most extreme weather conditions imaginable, but the most frightening of all was coming face-to-face with bears."



RANGERS fact file



■ **NAME:** Ralfy (member 983)
■ **ADDRESS:** Wooding Grove, Harlow
■ **SCHOOL:** Hare Street Primary
■ **BIRTHDAY:** April 30, 2007
■ **LIKES:** Football, Arsenal FC, watching TV and judo
■ **FAVOURITE FOOD:** Chicken nuggets

■ **LEAST FAVOURITE FOOD:** Shepherd's pie
■ **FAVOURITE FILM:** Despicable Me
■ **FAVOURITE BOOK:** Horrid Henry
■ **FAVOURITE TV:** Scooby Doo
■ **FAMILY:** Brothers Reegan (4) and Rowan (1)
■ **PETS:** A cat called Pepper and fish
■ **WANTS TO BE:** A footballer



Happy Birthday

THURSDAY

Chloe (member 201524), of Belfield Gardens, Harlow, is 6.

FRIDAY

Mason (member 20127), of Wyckford Drive, Sawbridgeworth, is 9.
Freya, (member 1177), of Moorfield, Harlow, is 7.

SATURDAY

Logan (member 1186), of Fullers Mead, Harlow, is 8.

SUNDAY

Lewis (member 1019), of Horshams, Harlow, is 10.

MONDAY

Leah (member 695), of Markwell Wood, Harlow, is 12 and leaves Rangers.
Rylee (member 1025), of Highwood Lane, Loughton, and **Olivia**, (member of 1013), of Pytt Field, Harlow, are both 1.
Leah (member 1075), of Barley Croft, Harlow, is 6.

TUESDAY

Reese-Marie (member 765), of Conyers, Harlow, is 10.

WEDNESDAY

Archie (member 650), of Berecroft, Harlow, is 12 and leaves Rangers.

SECRET MESSAGE Jrog vf rohquh ga pogpr gru spfguh law heb? Laeh nhuogr

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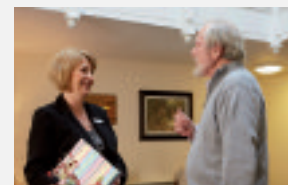
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A full-page background image of Scarlett Johansson as the Black Widow. She is wearing her black tactical suit and is in a crouched, ready position on a rocky, snow-dusted ground. She has her signature red hair and is looking off to the side with a serious expression.

go!

Scarlett's a **MARVEL**

Miss Johansson creeps back as the Black Widow - page 22

INSIDE: Your weekly guide to upcoming shows, films and concerts mixed with interviews with showbiz stars and local performers PLUS a page of puzzles

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WHAT'S ON:

**RICHARD HERRING - LORD OF THE DANCE SETTEE****HARLOW PLAYHOUSE**

Thursday, April 23

£16

After covering weighty issues like death, love, religion and spam javelins, Richard Herring is in a frivolous mood with this show about daftness, whether the term 'cool comedian' is an oxymoron, bouncing joyously on the sofa and how his whole career is a failed attempt to top a piece of visual slapstick comedy he came up with at 16. Can he revisit the joke 30 years on or will it smash his old bones?

GODS ARE FALLEN AND ALL SAFETY GONE**HARLOW PLAYHOUSE (Studio theatre)**

Thursday, April 23

£6.50-£12 (suitable for ages 14+)

An investigation into what happens when we discover that our parents are flawed human beings and that at some point, sooner than we think, they are suddenly going to disappear from our lives. Intimate and funny, this play presents a lifetime of conversations condensed into one hour.

HOT MIKADO**VICTORIA HALL THEATRE, Bury Road, Old Harlow**

Thursday, April 23-Saturday, April 25

£11.50 (£9.50 concessions)

East Herts Operatic Society, whose first production back in 1960 was Gilbert and Sullivan's *The Mikado*, celebrates its 55th anniversary with three performances of *Hot Mikado*. Set in 1940s Japan with an added twist of Americana, *Hot Mikado* tells us of young lover Nanki-Poo who visits the city of Titipu in the guise of a vagabond trumpet player, Yum-Yum, with whom he has fallen in love, is engaged to her ward and Lord High Executioner Ko-Ko. As their wedding approaches, along with an order that an execution must take place in Titipu within 30 days, chaos, confusion and hilarity ensues.

**JAKE AND ELWOOD****HARLOW PLAYHOUSE**

Friday, April 24

£17.50-£20.50

The legendary Jake & Elwood Blues will be raising the roof with their highly acclaimed smash hit production. Expect an electrifying night of entertainment with timeless soul and blues numbers such as *Everybody* and *Sweet Home Chicago*. Also featuring new arrangements of classic numbers.

WINGS OVER ABBEY ROAD**HARLOW PLAYHOUSE**

Saturday, April 25

£16-£20

A celebration of The Beatles at their peak and Wings. The first half of the show is a live performance of the entire *Abbey Road* album, while the second half is a collection of Wings' greatest hits including such classics as *Band on the Run*, *Live and Let Die*, *Jet* and *Mull of Kintyre*.

Ballet was a boost to spring spirits

A VISIT to a performance by the Harlow Ballet always gives a lift to the spirits and last night's showing of the present production of *The Nutcracker* was no exception.

From the moment the house lights dimmed and the overture started, excitement was in the air. I cannot remember how many times I have seen this ballet over the past 70 years, but it is always as fresh as spring.

Darcie Tyler was probably the youngest Clara I have ever seen but she was certainly amongst the best, her small brother Fritz, danced by the effervescent and talented William Smith, was splendidly naughty.

The adult's guests were suitably elegant and the child guests were delightful. I must single out the small girl in the plaid dress whose look of wonderment was a joy.

The tiny moppets who danced the dolls were enchanting as only small children who are thoroughly enjoying themselves can be.

The second act brings us to Clara's

dreams, dozens of tiny mice and a truly superb King Rat, Barry Gray, a newcomer to Harlow Ballet, and his fight with the Nutcracker Prince, the talented Joe Bishop, was magnificent.

Joe's splendid pas de deux with the Snow Queen, Alexandra Cowley, followed and with the kaleidoscope of snowflakes concluded the second act.

The third act brought us the Sugar Plum Fairy, danced by the extremely professional Hannah Meheew. I liked the Spanish Dancer (Abbie Taplin) very much, all too many people think that Spanish dance begins and ends with Flamenco and there is so much more.

Then came the Arabian and Chinese dancers and the wonderful dragon; Mother Gogotte and her children and finally the flowers and Clara's awakening in the arms of her Godfather, the stalwart Steve Donovan.

I have, I know, not mentioned everybody, with a cast of nearly 100 dancers of all ages and sizes mentioning everyone is

impossible.

The costumes were magnificent, but we expect nothing less from the talented Henrietta Branwell, wife to the clever director Michael Branwell, who for this show was also Clara's father.

I had only one criticism, please, corps de ballet, smile at the audience, show us how much you are enjoying what you are doing and we will enjoy this all the more.

Yes, some of you smiled some of the time, but take a leaf out of *The Nutcracker* Prince's book and smile all the time.

Incidentally, I was pleased to see so many very small children in the audience as a former county drama advisor used to say... "the stage is for people, to perform, to watch and to enjoy".

In Harlow, we are fortunate to be able to do all three things - whatever our age or size.

Rosemary Caswell

BAFTA nomination for Glue's Charlotte



CHARLOTTE Spencer was honoured this week with a BAFTA nomination for her role in the Channel 4 series *Glue* and the actress partly has her Harlow upbringing to thank for her success.

Since leaving her hometown the 23-year-old has gone on to star in Dexter Fletcher's urban thriller *Wild Bill* and also won a role in the recent big screen adaption of *Les Misérables*.

But she has become best known for playing Tina Fallon in *Glue*, a dystopian teen drama which aired on E4 last year to a peak audience of half a million.

After finding out about her nomination, she tweeted "Wait, what just happened?" and was congratulated online by many fans and well-wishers.

Charlotte is the only cast member of *Glue* to be nominated for an award and has been shortlisted for the prize alongside Gemma Jones, Vicky McClure and Amanda Redman at the glitzy London awards ceremony on May 10.

However, her journey to the BAFTAs started long ago back in Harlow, where as a child she attended Henry Moore Primary School, Kiln Lane, and also the Brenda Taylor School of Performing Arts at the Latton Bush Centre on Southern Way.

Charlotte starred as the title role in the performing arts school's production of *Annie*, and according to Mrs Taylor her talent was visible from an early age:

"She was Annie in our own production and at that stage I thought 'that child is very very special.' She got spotted and is doing some work at the moment in America."

"She is a beautiful girl and she came back to help us with one of our shows. She has always kept her feet on the ground."

Mrs Taylor added that Charlotte had got her big break when she starred as Jane Banks in a West End adaption of *Mary Poppins*.

She went on to study at Sylvia Young Theatre School in London.

Eleanor Leverington, assistant at Henry Moore Primary, said she remembered Charlotte's time at the school and that she was a "wonderful" student who still comes in from time to time to lead drama and dancing classes.

She said: "We are beyond proud, she was an outstanding student and was in a Year 6 club that I lead."

"She is down to earth and a normal young lady."

"I hope she can win so that she can come in and show everyone the award."

In an interview with Channel 4, Charlotte said of the show: "It's about a group of friends from the countryside. The storyline is brilliant, the writing is just so incredible."

Charlotte's parents - Peter, 50, and Karen Spencer, 45 - previously said: "We're all very proud of her. I'm proud of all three of my children - they all have a career in something they enjoy."

WHAT'S ON



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BEANS returns and is one HOT DOG



ASINGER-songwriter whose unique blend of "acoustic, sarcastic, English folk music" has taken him far and wide will perform at The Square next month.

With a music style, he says, summed up by his simple choice of name, Beans on Toast has played shows at O2 Arena and Wembley, but you're more likely to find him playing an intimate session in somebody's front room.

Fresh from his first American tour, Beans - or Jay McAllister when he's not on stage - is well travelled and reflective after life on the road and is very much looking forward to playing the Fourth Avenue venue, where he last performed 15 years ago.

"It has been a long time since I've played in Harlow," Jay said. "I know The Square very well and the last time I was there it was when I was 17 years old in a grunge band."

"We played some classic gigs there, but of course what I do now is a whole world away from what I did in my teenage years."

Discussing the moniker Beans on Toast, Jay said he chose it because it's "simple, English and gets the job done" which sums him up, but the humorous name was somewhat lost on an American audience.

"They didn't really get it at all," he laughs, "I had to call myself Hot Dog."

"The American tour was very long, but it gave me a lot of time to write. I wrote a lot about America."

Jay says he's always been a one-man band, but for these shows will be joined on stage with musician Bobby Banjo, whose performances "give extra character life to the shows" and give Jay a companion on the sometimes-lonely road.

He said: "It's hard to keep a band together, but with two people it's quite easy and we can tour around without having to carry a load of equipment. We can also self-manage when we on the road."

Playing The Square will be something of a

homecoming gig for the 34 year-old from Braintree, who said his parents may even come.

He said that his soft, easy-going and funny style is typical of English culture: "It's a kind of carefree show, 'drunk folk' I call it - good time music. Of course I tackle some serious issues, but I write songs based on what I see, feel and observe."

"My music is very simple and is about standard life rather than anything else - about how things feel to me."

Next up for Beans on Toast/Hot Dog is another new venture - going to South Africa, for which he leaves on Wednesday and continuing to work on his seventh studio album, to be released on December 1, his birthday.

■ Tickets for the show cost £6 in advance and £9 on the door. Beans on Toast will be supported by Benjamin Folke Thomas and Gecko. Doors open from 8pm, for more information and tickets call: (01279) 305 000.

Ossie and Ricky share their memories



SOCCER fans are in for a treat when Spurs legends Ossie Ardiles and Ricky Villa entertain audiences during an evening of football, fun and nostalgia next month.

The Argentinian World Cup winners will be recalling many stories from their White Hart Lane playing days at the Rhodes Arts Complex in Bishop's Stortford on Tuesday, May 19.

The evening will be hosted by another former Spurs star, Mick Hazard.

With more than 350 games between them for Spurs and 75 international appearances for Argentina, Ossie and Ricky will also be sharing their recollections of winning the World Cup in 1978.

During the evening there will be an opportunity to ask all three questions and to purchase a specially commissioned print which they will be signing on the night.

Standard tickets are £22.50 and there is also an exclusive VIP package available for £59

which includes a front row seat, a chance to meet the trio prior to the show, a free print hand signed with your dedication and having a photograph taken with Ossie, Ricky and Micky which will be emailed to you the following day.

The Rhodes Arts Complex will be open from 7pm with the event starting at 8pm.

To book, call the box office on (01279) 710 200 or visit www.rhodesbishopsstortford.org.uk.

WHAT'S ON:



THE JIVE ACES

HARLOW PLAYHOUSE

Sunday, April 26

£13-£18

The Jive Aces are the UK's top jive and swing band renowned worldwide for their high-energy music, spectacular live shows and being the first live band to reach the final rounds of Britain's Got Talent.

JOHN PETTERS JAZZ

ST JOHN'S ARC, Market Street, Old Harlow

Thursday, April 30

£10

Ragtime revisited with John Petters and guests Martin Litton and Karl Hird.

BUGSY MALONE

HARLOW PLAYHOUSE

Saturday, May 2 & Sunday, May 3

£15-£17

Brilliant Theatre Arts present a fully immersive, interactive theatrical experience featuring a cast of talented youngsters. Make sure you arrive at least half-an-hour before the star to fully enjoy the pre-show experience!

COMEDY OF ERRORS

Victoria Hall Theatre, Bury Road, Old Harlow

Wednesday, May 6-Saturday, May 9

£11 (£9 concessions, not Saturday)

Harlow Theatre Company present William Shakespeare's shortest and one of his most farcical comedies, with a major part of the humour coming from slapstick and mistaken identity as well as puns and word play. Two sets of identical twins are accidentally separated at birth. Antipholus of Syracuse and his servant, Dromio of Syracuse, arrive in Ephesus which turns out to be the home of their twin brothers, Antipholus of Ephesus and his servant, Dromio of Ephesus. When the Syracusans encounter the friends and families of their twins, a series of wild mishaps based on mistaken identities lead to wrongful beatings, a near-seduction and the arrest of Antipholus of Ephesus.

A JOURNEY TO ABSTRACTION

The Gallery, Parndon Mill, Harlow

until Sunday, May 17

Free

The work of artist John Pollard take centre stage for the next exhibition at The Gallery at Parndon Mill, which is behind Harlow Rugby Club off Elizabeth Way in Harlow. A Journey To Abstraction opens on Thursday, April 9, and features Pollard's earlier work leading to contemporary paintings and photographs. The gallery is open Tuesday to Friday 10am 5pm, and Sunday 2-4pm.

GIG GUIDE

Friday, April 24

DEREK NASH QUARTET

Harlow Cricket Club, Chippingfield, Old Harlow

£8 on the door

STUDIO 54

The Shark, Hobtoe Road, Harlow

DUB PISTOLS + SKATA TONES

The Square, Fourth Avenue, Harlow

£12 in advance or £15 on the door

BARRY & CHRIS

The Drinker Moth, Ployters Road, Harlow

Saturday, April 25

REPERTOIRE DOGS

The Essex Skipper, The Stow, Harlow

THE RANDY DOOR HOLES

Horns & Horseshoes, Foster Street, Harlow

THE 2FBS

Paringdon Sports Club, Paringdon Road, Harlow

STACEY MCCARTHY

Burnt Mill Snooker and Social Club, Edinburgh Way, Harlow

£2.50 for non-members

THE SOUNDS OF WELLER

The Shark, Hobtoe Road, Harlow

REALITY

Harlow War Memorial Snooker & Social Club, Garden Terrace Road, Old Harlow

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NEW!
The thrilling motorcycle Globe of Death!



An *Evening of Clairvoyance* with Spiritualist Medium *Steve Holbrook*

at **Park Inn, Harlow**
on **Monday, 18th May, 2015**

- Doors open at **6.30pm** for pre-show drinks at the bar
- Show starts at **7.30pm**
- Tickets in advance **£17**

(On the door £18 - cash/cheque only)

Whatever your views on clairvoyance, Stephen Holbrook has an extraordinary gift. Whether or not he has a message for you, you will be guaranteed an evening like no other.

Park Inn, Southern Way, Harlow, CM18 7BA
This evening is for entertainment purposes only

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10am-5pm Monday - Friday only




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FILMGUIDE

THE BIG MOVIE: M

Catching up with

The latest instalment in the Marvel Comics franchise is out this week and set to be spring's mammoth blockbuster. Not sure who's who? Let us introduce you...

It's been three years since Iron Man, Thor, The Hulk, Captain America, Hawkeye and the Black Widow, banded together in The Avengers. Now the sequel's almost upon us, and it's set to be even bigger and better than their last outing.

Once again, S.H.I.E.L.D., the international peacekeeping agency made up of Marvel Superheroes, must use their powers to save the world from catastrophe. This time, there's a new enemy, Ultron, a programmed robot (voiced by James Spader), with a mission to destroy humanity.

Missed out on their first adventure? Let us bring you up to speed...

Iron Man

Iron Man's brought to life by billionaire playboy genius Tony Stark, who's created an electromechanical suit that transforms him into a human robot. When we meet up with him, Stark, the Avengers' co-leader and benefactor, is still feeling guilty from the fallout of the 'Battle of New York' in the last film. In an effort to restore peace, he tries to jump-start a dormant peacekeeping programme with the help of Dr Bruce Banner, aka The Hulk. Only, things go awry, and the Avengers must assemble once again, to stop Ultron before it destroys mankind.

Captain America

Played by Chris Evans, Steve Rogers was too sickly to fight in World War II but, after agreeing to play guinea pig, was physically enhanced by an experimental serum, to become the super-soldier known as Captain America. Frozen for decades, he awoke to find himself in the modern era and continues to try and come to terms with living in a world he doesn't fully recognise. When Ultron presents himself as a new threat to humanity, Captain America, as Avengers' co-leader, is the one who rallies the team to prepare for battle.

Black Widow

The super-spy of the team, Natasha Romanoff, aka Black Widow, doesn't have any 'super' powers as such, but her intelligence and lethal fighting ability ensure she can more than keep up with the boys. Her smart thinking will be needed to fight off Ultron and save the world from peril. Producer Kevin Feige says we can expect to see more of Black Widow's backstory explored in the sequel.

The Hulk

The Hulk was born when genius scientist Dr Bruce Banner, who aids Stark with the Ultron programme, was exposed to radiation that turns him into a green monster whenever angry. Keen to keep The Hulk in check, Banner's brought in new protocols, such as listening to calming classical music. But will it prove enough? Suffering from an identity crisis, it's Natasha who looks like she might be able to help him fight his demons.

Thor

The hammer-wielding god Thor



BACK IN ACTION: Chris Evans as Captain America and Chris Hemsworth as Thor in Marvel's Avengers: Age Of Ultron
Picture: Jay Maidment/Marvel

continues his work with the Avengers in order to protect the human race. He warns the other Avengers of threats and acts as their moral compass, questioning the team's actions.

Hawkeye

After having his mind controlled by supervillain Loki in The Avengers, Hawkeye now has full control of his thoughts. Jeremy Renner, speaking of his character, says that we will get to see why he thinks the way he does in the sequel. A superhuman archer, Hawkeye will prove to be a vital part of the team in this film.

Nick Fury

Fury is the director of S.H.I.E.L.D and the mastermind who initially recruited the different superheroes to create the Avengers. A great strategist and mentor, Samuel L Jackson's Fury must once again bring the Avengers together to defeat their latest enemy.

Scarlet Witch and Quicksilver

Making her debut in the film franchise is Elizabeth Olsen, who plays the beautiful and cunning Scarlet Witch. Her superpowers include telekinesis and hypnosis. Teaming up with her is Nowhere Boy's Aaron Taylor-Johnson as her twin brother Quicksilver, who's faster than the speed of light - when he wants to be. They want to stop the Avengers, believing they are bringing destruction to the world, but will they change their minds when they get to know the team?

And the villain... Ultron

Although created by Tony Stark, aka Iron Man, and Dr Bruce Banner, aka The Hulk, to ensure peace on Earth, Ultron's programming goes haywire, resulting in the robot thinking it's mission is to wipe out all of humanity. With the ability to access anything technological, including the entire internet, it's a formidable force.

■ Avengers: Age of Ultron opens on Thursday, April 23

Marvel's Avengers: Age Of Ultron



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THE AVENGERS



WORTH WATCH

Mike's TV Film of the Week

WESTERN: BUCHANAN RIDES ALONE Film4, Monday
April 27, 3.10pm

THE Ranown Cycle was superbly written by either Burt Kennedy (four plus an uncredited co-write on Buchanan) or Charles Lang (Buchanan and Decision), they are all, essentially, variations on a theme – what it means for a man (Scott) to have a moral code in the Wild West, and stick to it. It seldom seems to have brought him much happiness. He's a man of few words and fewer smiles, and always alone (in four of the films the prior loss of his wife is key). But he's a survivor.

Pitted against him are some of the most likeable, charismatic, complex villains ever to grace the big screen. Relaxed where Scott is rigid, chatty where he is taciturn (you'd much sooner have a drink with any of them than him), they nevertheless share a bond and a grudging admiration.

More than once in the series, one of them saves Scott's life – knowing it won't cut any ice with him further down the line if they fail to see the error of their ways.

Buchanan probably deviates the most from the Ranown template. Scott's eponymous hero is positively chipper compared to his other characters (because he never married?) and the film follows suit, being lighter than the rest.

It's also set in one place, rather than on the move, and there is no one else in the series like Carbo (Craig Stevens), a man impossible to read.

Scott doesn't seem to be acting, Boetticher directs like the master he was, and the marvellous cinematographer Lucien Ballard adds lustre. Not the best of the bunch, but unmissable.

Mike Whiteway

NOW SHOWING at Cineworld Harlow

AVENGERS: AGE OF ULTRON (certificate 12A, 141mins) **Thursday** 11:10
12:20 13:00 14:30 15:40 16:20 17:30 19:00 19:45 20:30 20:50 **Friday** 11:00
12:00 12:50 13:50 14:20 15:30 16:20 17:10 17:40 19:00 19:45 20:30 20:50
Saturday 11:00 12:15 13:10 13:50 14:20 15:30 16:20 17:10 18:00 19:00 19:45
20:30 **Sunday** 11:20 12:50 13:50 14:30 16:20 17:10 17:40 18:00 19:45 20:30
20:50 **Monday-Thursday** 11:20 12:50 13:50 14:30 15:30 16:20 17:10 17:40
19:00 19:45 20:30 20:50
A LITTLE CHAOS (certificate 12A, 117mins) **Thursday** (April 23) 12:00 14:40
17:20 20:00
WOMAN IN GOLD (certificate 15, 111mins) **Thursday** 12:20 15:00 **Friday &**
Sunday 20:15 **Monday-Thursday** 12:50 20:15
FAST & FURIOUS 7 (certificate 12A, 139mins) **Thursday** 13:45 17:00 20:15
Friday-Thursday 13:40 16:50 20:00
CINDERELLA (certificate U, 113mins) **Thursday** 17:40 **Friday** 12:10 14:50 17:30
Saturday 10:30 15:30 **Sunday** 12:10 14:50 17:30 **Monday-Thursday** 12:10 14:50
17:30
THE SPONGEBOB MOVIE: SPONGE OUT OF WATER (certificate U, 92mins)
Friday-Thursday 11:30
HOME (certificate U, 94mins) **Friday** 11:10 **Saturday** 11:10 13:00 **Sunday-**
Thursday 11:10
Movies For Juniors (£1.50 or £3 for 3D)
THE LEGO MOVIE (certificate U, 100mins) **Saturday** 10:10
PADDINGTON (certificate PG, 95mins) **Saturday** 10:00

Specials

MET OPERA: CAVALLERIA RUSTICANA AND PAGLIACCHI (certificate 12A, 210mins) **Saturday** 17.30. Sir David McVicar directs an evocative new production of this magnificent verismo double bill.

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WIN TICKETS TO SEE BLUR LIVE IN HYDE PARK!

Barclaycard presents British Summer Time Hyde Park

As the only artists to play Hyde Park four times, blur will make a welcome return to the historic London park for a headline show on Saturday 20th June. Since announcing their arrival with debut album Leisure in 1991, blur went on to revolutionise the sound of English popular music with five successive UK #1 albums, helping propel the band to mass popularity at home and abroad. One of the biggest British bands of the last two decades, blur have released seven studio albums and are back with a brand new album titled The Magic Whip.

Special guests joining blur at Hyde Park include: Metronomy, The Horrors, Jupiter & Okwess International, Drengre, Roots Manuva, Kitty, Daisy & Lewis, Iris Gold, Fufanu and Sugarmen.

For more information, visit: www.bst-hydepark.com/tickets

Question: What dessert is featured on the cover of blur's new album The Magic Whip?

A: Ice cream

B: Mango pudding

C: Sponge cake

For your chance to win, just complete the entry form and send it to: HEN BST blur Comp, Courier House, 80-84 Calverley Road, Tunbridge Wells, TN1 2UN.

Enter by text, simply text HMS BLUR your answer (A, B or C), plus your name, address and postcode to 64343. (E.g. HMS BLUR A Jane Smith 1 Any Road SG1 3DT) Remember to include the spaces! Texts will cost £1.00 each plus one standard network rate message

Entries must reach us by midnight Friday, May 1, 2015

BST blur entry Form

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Eat the SHOKU-IKU way

If we gave more thought to the food we eat, would we be healthier? Chef **Makiko Sano** introduces **Kate Whiting** to the Japanese concept of Shoku-Iku

How often do you really think carefully about what you're putting on your plate? After a hard day at work, it's usually a case of quickly refuelling, isn't it? And when you're hungry, you'll eat anything – never mind the calories.

But there is a different way – and for once, it doesn't involve a scary-sounding fad diet. Instead, the Japanese approach to food, Shoku-iku, means 'food education', and was pioneered alongside macrobiotics in the late 1800s by military doctor Sagen Ishizuka, who believed the secret to health and healing was to strengthen the body from the inside.

In June 2005, concerned by the effects of Western fast food, families not eating together and schoolchildren skipping breakfast, the Japanese government passed the Basic Law of Shoku-Iku, making education about nutrition and food origins compulsory.

As a result – as chef Makiko Sano, author of *Shoku-Iku! Japanese Conscious Eating For A Long And Healthy Life*, explains – Japanese people are never on diets and never skip meals to lose weight, as they are consciously monitoring their nutritional intake with every meal, every day.

"I don't believe in diets," says busy mum-of-four Sano. "I prefer to make sure I eat balanced meals."

"You shouldn't avoid what you like to eat, but it's important to think about what you have been

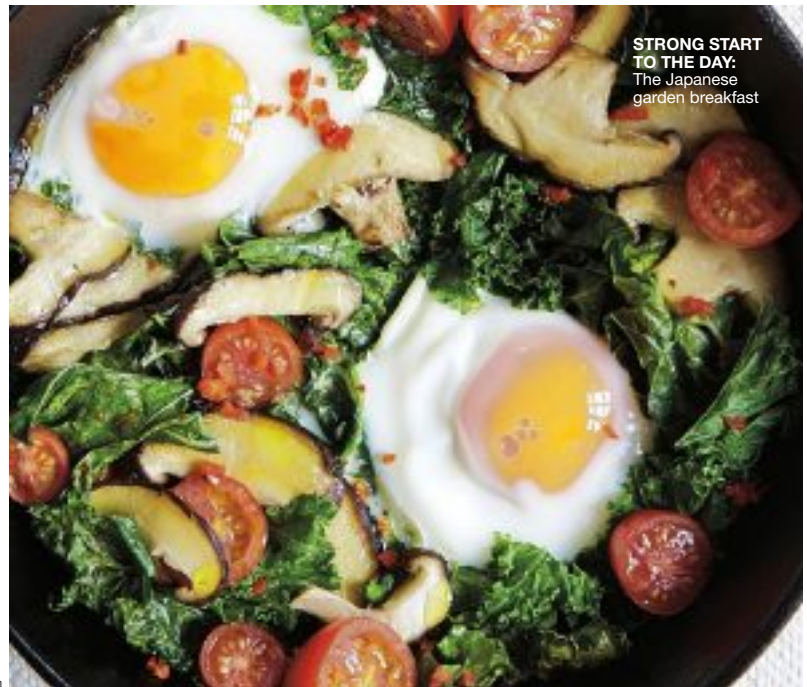
eating throughout the day, and make sure you don't eat lots of your favourite unhealthy food. Simple food can be delicious, too," she adds.

In her book, she acknowledges that it will take time to retrain yourself to be more mindful about food, and to ditch the "just-grab-something attitude". But by choosing food based on its power to invigorate, she insists you'll feel "better, lighter and in control" – and soon it'll become a way of life.

According to Sano, who grew up in Tokyo before moving to London and opening sushi restaurant Suzu, the basic rules of Shoku-Iku include the Buddhist-inspired Power of Five to boost variety: eating foods from five groups (grains, vegetables, fruits, protein and dairy) that appeal to your five senses, that contain five tastes (sweet, sour, bitter, salt and the savoury 'umami'), and which aim to reflect five colours (green/blue, red/orange, white, black/brown, yellow).

Sano has seen first-hand the difference that being mindful of what we're eating can make; it helped her son, Leon, who was diagnosed with autism aged three. His behaviour improved dramatically when Sano changed his diet.

"He is still autistic, but he is very caring and such a fun boy to be around," says Sano. "He is in a special autistic school at the moment, but he's doing very well. And I do believe that what he has been eating has helped him in many ways."



STRONG START TO THE DAY:
The Japanese garden breakfast

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*Applies to bookings made by 7 May 2015 quoting promotional code 6X77BH. Offer may be withdrawn at any time.

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Departing **21 October 2015**

MS Olympia's relaxing autumn time cruise takes in majestic Cologne and includes calls at some of the river's most enchanting towns and villages, and a passage through the scenic Rhine Gorge.

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- Return coach and Channel crossings
- Five nights' full board accommodation
- Scenic Rhine and Black Forest cruise
- Ports of call include Strasbourg and Rüdesheim
- English commentary
- Evening Entertainment
- The services of a tour manager

*Applies to bookings made by 7 May 2015 quoting promotional code 6X77BH. Offer may be withdrawn at any time.

Try these Shoku-Iku-inspired recipes for yourself...

Full Japanese Garden Breakfast

SERVES 2

This is a quick, easy way of having eggs for breakfast. I always like to eat some greens at breakfast as well, as did all my family before me. This is a fusion of British and Japanese cooking methods and flavours – why not? I'm Japanese and I live in Britain – so I call it a 'full Japanese'. Use a lidded saute pan.

Ingredients

- 1tsp rapeseed oil
- 1 garlic clove, grated
- Large handful of kale, chopped into 1cm slices
- Handful of baby spinach leaves
- 3 cherry tomatoes, quartered
- 3 shiitake mushrooms, finely sliced
- 3 regular mushrooms, finely sliced
- 4 eggs

1 quantity Garden soy sauce dressing (see instructions below)

Finely chopped chilli (optional)

Garden Soy sauce dressing:

- 1 apple, grated
- 1 carrot, grated
- 1 onion, grated
- 100ml soy sauce
- 100ml rice vinegar
- 80g honey or brown sugar

Method

Heat the oil in a saute pan over a medium heat, add the garlic and stir until fragrant.

Add the kale with any water from washing still clinging to its leaves, the spinach, tomatoes and mushrooms and cook until almost tender.

Hollow out four spaces and drop an egg into each. Put the lid on and cook over a low heat to steam for three to four minutes, depending on how you like your eggs. Transfer to plates and serve with Garden soy sauce dressing, sprinkled with chilli, if you want.

Avocado and Pear Quinoa Power Sushi

SERVES 2-3

I always wrap cling film around my sushi rolling mats before using, as this prevents the rice (or quinoa, in this case) from sticking at all.

Ingredients

- 200g quinoa
- 1tsp white wine vinegar
- 1tsp lemon juice
- Pinch of sea salt
- 1 medium pear
- 4-5 full sheets of dried nori seaweed
- 1 avocado, finely sliced
- 3tbsp pureed or mashed mango (mashed with a fork)

Method

Place the quinoa into a sieve and rinse well under cold water. Tip the rinsed quinoa into a saucepan, add 400ml of water and cook over a medium heat. Bring to the boil, then reduce the heat to a simmer. Cook for about 13 minutes until soft, stirring frequently. Drain well to remove any excess water.

Put the cooked quinoa in a bowl and let it cool to lukewarm for few minutes. Add the mango puree, vinegar, lemon juice and sea salt to the quinoa while still warm and mix well. Transfer to a tray, spreading the quinoa thinly, and allow it to cool completely.

Meanwhile, preheat the grill. Finely slice the pear and grill the slices for two or three minutes on each side.

Place a nori sheet on a sushi rolling mat, long side towards you and rough side up, shiny side down.

Spread one-quarter to one-fifth (depending on whether you are making four or five rolls) of the quinoa mix from the bottom to two-thirds of the way up the sheet. Place four slices of avocado and three slices of lightly grilled pear along the middle of the quinoa. Roll the nori tightly up to the end. Leave it to sit for two to three minutes to allow the seaweed to soften. Repeat to use up all the nori sheets, rice and filling.

Cut each roll into six pieces, then serve.

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The EYES have it



Last week my mum remarked on how tired I looked, this followed with my daughter remarking on how tiny my eyebrows were, followed by my son saying I had a wrinkly, saggy thing under my neck.

Now just to make me feel even better, my eyes have become red, puffy and watery and my tongue is constantly itching the back of my throat – yes welcome back hay-fever, it's been almost a year!

So while I scooted off to buy some antihistamines, I sought advice to alleviate my tired peepers from Candice Gardner, education curriculum manager for The International Dermal Institute:

"Eyes can be one of the first places to show signs of ageing due to the naturally thinner and more delicate tissue. Often if you have lighter coloured eyes you may be more light sensitive and prone to squinting. Or perhaps your sunny disposition means you are always smiling. Persistent or repetitive facial expression can accelerate the development of lines around the eyes. Of course for all eye colours, genetics and lifestyle are always factors.

"Some moisturising formulas can protect the skin around the eye orbit provided they are not too oil rich or contain heavy mineral oils, as these will make eyes look puffy.

"When choosing an eye cream first target the problem and then choose the formula. For puffiness, a fluid serum or gel should be used; fine lines and wrinkles should look for a silicon cream, whilst dry, tight or dark circles should look for a cream."

If you suffer with dark circles try the following:

- Sleep with your head slightly raised on a pillow to drain sinuses (especially during hay-fever season),
- Teabags contain caffeine – put them in the fridge after making a cup of tea and then apply to the eyes for an immediate cooling effect.
- Make sure you are getting plenty of iron and Vitamin B12, both of which a deficiency in can cause dark circles.
- Check your thyroid – an underactive thyroid can sometimes be the cause of puffiness in the eyes.
- Food allergies can also cause puffiness and dark circles – if we eat the same foods day in day out, we can become sensitized to them – try cutting out a particular food you eat a lot of i.e. sugar, dairy and see if it makes a difference – give it a couple of weeks.

If you suffer with fine lines/wrinkles try the following:

- Wear sunglasses with UV400 mark – I use sunglasses at every given opportunity, squinting equals fine lines.
- Don't smoke – it's a given but smoking can make you look at least 10 years older.
- Never drag your eye area whilst removing makeup, use a specific eye-makeup remover to gently remove mascara etc.
- Pat your eye-cream on with your ring finger, as above any dragging of the area can cause crepey lines.
- Drink water before bed – fine lines are often just dehydration lines so drink up.

There are tons of products on the market to alleviate every eye problem – I was sent quite a few to test and these are my favourites:

Clinique Even Better Eyes Dark Circle Corrector, £30, Clinique counters nationwide

With a huge host of ingredients specifically for giving long-term benefits with treating dark circles, this cooling eye cream is proven to reduce dark circles by 30% in 12 weeks. Key ingredients include Vitamin C and Mulberry



EYE SPY: Molly tries out some products to alleviate eye problems

Picture: Andy Palmer

Root to lighten the eye area. I love the metal applicator, which you can apply straight to the eye from the tube.

M2 Beaute Eyelash Activating Serum, £123

I've tried several lash growth serums for my sparse lashes and had reactions with a few of them. This brilliant serum is gentle enough so it doesn't need a prescription like many on the market. With 5 nutritional ingredients such as Vitamin B5, B7 and the wonder active complex Methylamido-Dihydro-Noralfaprostal, which is a prostaglandin (growth hormone) analogue, this serum does work. Yes its expensive and you do need to apply it every day for 6 weeks before a noticeable difference, but stick with it and see the results for yourself.

Transformulas Eye Lightening Serum, £29.95, www.transformulas.com

If you've had a heavy night, burnt the candle at both ends or simply just tired then this little serum pen is your new best friend. Propylene Glycol is a wonder ingredient, which helps draw out water from the skin and boosts elasticity, whilst Acetyl illuminates and makes peepers sparkle.

Environ Ionzyme C-Quence Eye Gel, £49 www.iaa.eu

This light gel formula uses a combination of 3 powerful peptides, Matrixyl Ermaxyl and Argireline, which help combat crows feet and deep lines. Argireline is a muscle relaxing peptide used to soften the area, and combined with vitamins A, C and E promote a healthier and younger looking skin.

Dermalogica Age Reversal Eye Complex, £59.40, www.dermalogica.co.uk

Retinol is often included in age-defying products as it's a very powerful ingredient that aids in cell renewal. This product as it contains Retinol should be used every other night for the first two weeks, as it can cause some sensitivity. However, it is used for a reason, combined with Vitamin C this serum strengthen fine lines, firms, reduces pigmentation and alleviates puffiness.

■ Contact me - molly@askmollybeauty.com

Why should you treat your feet?



TMI alert... (that's 'Too Much Information', in case you were wondering). One of my big toenails is constantly threatening to grow inwards, so after softening in a bath, I have to dig the nail out of the surrounding skin and chop off the spiky bit. Regularly.

Did that make you cringe? If so, you're not alone.

And you're not going to like the next few months of (finally) warm, foot-bearing weather, either.

Our collective hatred of feet is so rife that there's even an I Hate Feet Facebook community, with 93,000 likes.

And, according to a study by Bangor University, we rate our feet the least sexually attractive out of 41 body parts – in other words, pretty repulsive.

Are you a fan of your feet? (Or anyone else's). What are your top summer tips?

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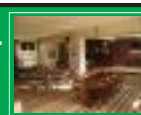
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| 14 (64) | KIA PICANTO 1.0 '2' PETROL 5DR, Black, 2,000 Miles, Air Conditioning, Alloy Wheels, Bluetooth, Electric Window/Mirrors, Remote Central Locking, Kia Warranty Until 11/2021..... | £10,150 £8,999 |
| 14 (64) | KIA PICANTO 1.25 '2' PETROL 5DR, Met Red, 3,000 Miles, Air Conditioning, Alloy Wheels, Bluetooth, Electric Window/Mirrors, Remote Central Locking, Kia Warranty Until 11/2021..... | £11,010 £9,295 |
| 13 (63) | KIA RIO 1.4 5DR '2', Ex Demo, Met Blue, 3,000 Miles, Air Conditioning, Alloys, Bluetooth, Front Fog Lamps, Electric Windows, Kia Warranty Until 09/2020..... | £13,860 £9,999 |
| 14 (14) | KIA RIO '2' 5DR, Met Red, Only 3,000 Miles, Alloy Wheels, Air Conditioning, Electric Heated Mirrors, Electric Windows, Front Fog Lamps..... | £13,860 £10,795 |
| 14 (64) | KIA RIO 1.1 DIESEL VR7 5DR SPECIAL EDITION, White, 3,000 Miles, Air Conditioning, Alloy Wheels, Bluetooth, Parking Sensors Electric Window/Mirrors, Remote Central Locking, Nil Road Tax, Kia Warranty Until 09/2021..... | £13,495 £11,999 |
| 14 (64) | KIA VENG A 1.4 SDR '2', Met Space Blue, 3,000 Miles, Rear Parking Sensors, Air Conditioning, Alloy Wheels, Bluetooth, Higher Seating Position Electric Window/Mirrors, Kia Warranty Until 12/2021..... | £14,185 £11,999 |
| 14 (64) | KIA CEE'D 1.4 PETROL VR7 5DR SPECIAL EDITION, Red, 2,000 Miles, Air Conditioning, Alloy Wheels, Bluetooth, Parking Sensors Electric Window/Mirrors Remote Central Locking, Kia Warranty Until 09/2021..... | £15,400 £13,750 |
| 14 (14) | KIA CARENS 1.6 PETROL 7 SEATER MPV 5DR, Celestial Silver, 2,000 Miles Only, Bluetooth, Electric Windows And Mirrors, Remote Central Locking, Kia Warranty Until 03/2021..... | £18,705 £13,999 |
| 14 (14) | KIA VENG A 1.6 AUTOMATIC '3', Sirius Silver, 4,000 Miles, 7" Sat Nav Screen And Reversing Camera, Special Alloy Wheels, Climate Control Panoramic Glass Roof, Half Leather Interior, Kia Warranty Until 06/2021..... | £18,475 £15,499 |
| 14 (14) | KIA SOUL 1.6 DIESEL AUTO (NEW MODEL) CONNECT PLUS, Titanium Silver, 400 Miles Only, Alloys, Climate Control, Fog Lamps, 7" Screen Sat Nav With Reversing Camera, Remote Central Locking..... | £19,690 £15,999 |
| 14 (64) | KIA CEE'D 1.6 AUTOMATIC 5DR '3', White, Delivery Mileage, Climate Control Conditioning, Sat Nav With Reversing Camera, Alloy Wheels, Bluetooth, Front Fog Lamps, Kia Warranty Until 09/2021..... | £20,705 £16,750 |
| 14 (64) | KIA CEE'D 1.6 GT TECH 5 DR, White, 4,000 Miles, 7" Sat Nav Screen And Reversing Camera, Ice Cube Front Fog Lamps, Bluetooth, Special Alloy Wheels, Climate Control, Kia Warranty Until 09/2021..... | £23,890 £18,499 |
| 14 (64) | KIA SPORTAGE 1.7 DIESEL 5DR '2', White, 2,000 Miles, Rear Parking Sensors, Air Conditioning, Alloy Wheels, Bluetooth, Panoramic Glass Roof, Half Leather Interior, Kia Warranty Until 11/2021..... | £22,710 £19,995 |
| 14 (64) | KIA SPORTAGE 2.0 DIESEL AWD 5DR '3', White 5,000 Miles, Climate Control, Air Conditioning, 7" Sat Nav Screen With Reversing Camera & Rear Parking Sensors, Bluetooth, Panoramic Glass Roof, Kia Warranty Until 10/2021..... | £26,300 £23,499 |
| 15 (64) | KIA SPORTAGE 2.0 DIESEL AWD AUTOMATIC 5DR '3', White, 1,000 Miles, 7" Sat Nav Screen With Reversing Camera, Side Steps, Climate Control Air Conditioning, Bluetooth, Panoramic Glass Roof, Kia Warranty Until 12/2021..... | £28,940 £25,499 |
| 14 (64) | KIA SORENTO 2.2 DIESEL AUTOMATIC 4WD DIESEL 'KX-3', Black, 4,000 Miles, 7" Sat Nav Screen And Reversing Camera, Special Alloy Wheels, Climate Control, Panoramic Glass Roof, Leather Interior, Kia Warranty Until 09/2021..... | £36,155 £29,995 |

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| 14(14) | KIA VENG A 1.6 PETROL '3' IN BLACK, 11,000 MILES, TOP OF THE RANGE, GLASS PANORAMIC ROOF, ELECTRIC WINDOWS/MIRRORS, HALF LEATHER INTERIOR, ALLOY WHEELS, FRONT FOG LAMPS, CLIMATE CONTROL AIR CONDITIONING..... | £11,690 |
| 14 (63) | KIA CEE'D 1.6 PETROL 6 SPEED '2', MET GUNMETAL GREY, 12,000 MILES, AIR CONDITIONING, REVERSING SENSORS, ELECTRIC WINDOWS, REMOTE C/LOCKING, ALLOYS, IPOD AND USB CONNECTION..... | £12,499 |
| 14 (14) | KIA CEE'D 1.6 PETROL 6 SPEED '2', MET GUNMETAL GREY, 13,000 MILES, AIR CONDITIONING, REVERSING SENSORS, ELECTRIC WINDOWS, REMOTE C/LOCKING, ALLOYS, IPOD AND USB CONNECTION..... | £12,895 |
| 14 (63) | KIA CEE'D 1.6 DIESEL '2' 5DR, SILVER, AIR CONDITIONING, REAR PARKING SENSORS, ALLOYS, ELECTRIC WINDOWS AND MIRRORS, ONLY £30.00 PER YEAR ROAD TAX..... | £13,299 |
| 14 (14) | KIA CEE'D 1.6 SDR DIESEL '2' IN MET INFRA RED, 13,000 MILES, 6 SPEED GEARBOX, REVERSING SENSORS, ALLOYS, AIR CONDITIONING, ELECTRIC WINDOWS AND MIRRORS, BLUETOOTH, £30.00 PER YEAR ROAD TAX..... | £13,449 |
| 14(14) | KIA CARENS 1.7 DIESEL 7 SEATER MPV '1' IN SILVER, 12,000 MILES, AIR CONDITIONING, ELECTRIC WINDOWS/MIRRORS, BLUETOOTH, RADIO/CD WITH MP3, REMOTE CENTRAL LOCKING..... | £13,490 |
| 14(14) | KIA CEE'D S/W ESTATE 1.6 DIESEL 6 SPEED GEARBOX '2' IN SILVER, 13,000 MILES, REAR PARKING SENSORS, AIR CONDITIONING, BLUETOOTH, ALLOY WHEELS, ELECTRIC WINDOWS/MIRRORS, £30 ROAD TAX..... | £13,999 |
| 14 (14) | KIA CEE'D 1.6 DIESEL '2' 5DR AUTOMATIC, GUNMETAL GREY, 13,000 MILES, AIR CONDITIONING, REAR PARKING SENSORS, ALLOYS, ELECTRIC FOLDING MIRRORS, CHEAP ROAD TAX..... | £14,299 |
| 14 (14) | KIA CARENS 1.7 MPV 7 SEATER 5DR DIESEL '2' IN MET POWER BLUE, 11,000 MILES, 6 SPEED GEARBOX, REVERSING SENSORS, ALLOYS, AIR CONDITIONING, ELECTRIC WINDOWS AND MIRRORS, BLUETOOTH..... | £14,495 |
| 14 (14) | KIA CEE'D 1.6 SDR DIESEL '3' IN MET INFRA RED, 13,000 MILES, 6 SPEED GEARBOX, 7" SAT NAV SCREEN AND REVERSING CAMERA, ALLOYS, CLIMATE CONTROL, AIR CONDITIONING, BLUETOOTH, CRUISE CONTROL..... | £14,990 |
| 14(14) | KIA CEE'D 1.6 PETROL AUTOMATIC '3DCT' IN BLACK, 8,000 MILES, 7 INCH SAT NAV SCREEN WITH REVERSING CAMERA& REAR PARKING SENSORS, CLIMATE CONTROL AIR CONDITIONING, BLUETOOTH, ALLOY WHEELS, FRONT FOG LAMPS..... | £14,999 |
| 14 (14) | KIA CEE'D 1.6 PETROL AUTOMATIC DCT 5DOOR, PLANET BLUE, 13,000 MILES, 7" SAT NAV SCREEN AND REVERSING CAMERA, ALLOYS, CLIMATE CONTROL, AIR CONDITIONING, CRUISE CONTROL..... | £14,999 |
| 14(14) | KIA CARENS 1.7 DIESEL 7 SEATER MPV AUTOMATIC '2' IN BLACK, 12,000 MILES, REAR PARKING SENSORS, AIR CONDITIONING, BLUETOOTH, ELECTRIC WINDOWS/MIRRORS, ALLOY WHEELS, FRONT FOG LAMPS..... | £15,445 |
| 14 (14) | KIA CEE'D 1.6 DIESEL S/W 5DR ESTATE '3' IN WHITE, 10,000 MILES, 6 SPEED GEARBOX, 7" SAT NAV SCREEN AND REVERSING CAMERA, ALLOYS, CLIMATE CONTROL, AIR CONDITIONING, BLUETOOTH, CRUISE CONTROL..... | £15,490 |
| 14 (14) | KIA SPORTAGE 1.7 DIESEL '2' 6 SPEED, BLACK, 14,000 MILES, AIR CONDITIONING, PANORAMIC GLASS SUNROOF, CRUISE CONTROL, HALF LEATHER INTERIOR, BLUETOOTH, ALLOYS, PRIVACY GLASS..... | £17,999 |
| 14 (14) | KIA SPORTAGE 2.0 4X4 DIESEL KX-2 AUTOMATIC, BLACK, 13,000 MILES, PANORAMIC GLASS SUNROOF, HALF LEATHER INTERIOR, CRUISE CONTROL, BLUETOOTH, ALLOYS, PRIVACY GLASS, AIR CONDITIONING..... | £20,695 |

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CARS FROM £10 PER WEEK

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| (59) Renault Twingo 1.2 Freeway, in saturn, immaculate condition through-out, low mileage, fitted with a vast array of factory extras, very economical |£3695 or £16pw |
| (08) Hyundai i10 Style 5DR, in saturn, one previous keeper, low mileage, main dealer FSH, superb condition, fitted with many factory extras, value |£3995 or £17pw |
| (08) Vauxhall Meriva Breeze Plus, in silver, one previous keeper, low mileage, FSH, fitted with alloys, air con, CD, full electric pack and more, value at |£3995 or £17pw |
| (57) Renault Clio Expression 16v Turbo, in blue, one owner, low mileage, FSH, superb condition through-out, fitted with many factory extras, great value at |£3995 or £17pw |
| (06) Ford Focus 1.6 Sport 5DR, in silver, one owner, FSH, low mileage, with air con, alloys, sports seats, full electric pack and more, immaculate condition |£3995 or £17pw |
| (05) Nissan Micra SE Auto 5DR, in silver, one owner, FSH, superb condition through-out, fitted with air con, alloys, full electric pack and more, stunning |£3995 or £17pw |
| (05) Smart City Passion Softouch Auto Convertible, in grey & silver, immaculate condition through-out, very economical, £30 RFL, great value at |£3995 or £17pw |
| (61) Nissan Pixo 1.0 Visia 5DR, in white, low mileage, immaculate condition through-out, fitted with a vast array of factory extras, amazing value at |£4295 or £18pw |
| (07) Vauxhall Zafira Club Auto 7 Seater, in silver, one previous keeper, low mileage, fitted with air con, CD, keyless entry, full electric pack and more |£4495 or £18pw |
| (07) Vauxhall Corsa Club CDTI Diesel 5DR, in silver, one owner, low mileage, FSH, with air con, alloys, Isofix, full electric pack and more, amazing value |£4495 or £18pw |

CARS FROM £20 PER WEEK

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| (12) Fiat Panda Mylife 5DR, in grey, one owner, low mileage, FSH, very economical, only £30 RFL, superb condition, fitted with many factory extras, value |£4995 or £20pw |
| (58) Seat Ibiza 1.4 Sport 5DR, in saturn, one owner, low mileage, fitted with air con, alloys, CD, abs, Isofix, full electric pack and more, stunning condition |£4995 or £20pw |
| (11) Skoda Fabia SE TDI Diesel 5DR, in Maroon, one owner, low mileage, FSH, very economical, only £20 RFL, alloys, air con, full electric pack and more |£4995 or £20pw |
| (59) Ford KA Zetec (New Shape), in silver, one owner, low mileage, FSH, with alloys, air con, bas, full electric pack and more, very economical, £20 RFL |£4995 or £20pw |
| (54) Mini Cooper S, in sunburst with black/white roof, low mileage, FSH, half leather, air con, alloys, cruise control, 6 speed, chrome pack and much more |£4995 or £20pw |
| (09) Ford Focus 1.6 Zetec 5DR, in black, one owner, low mileage, with air con, alloys, sports seats, Isofix, full electric pack and more, superb condition |£4995 or £20pw |
| (11) Suzuki Splash GLS 5DR, in black, one owner, low mileage, very economical, £30 RFL, fitted with air con, CD, full electric pack and more, great value |£5295 or £22pw |
| (07) Mini One, in blue, low mileage, FSH, fitted with alloys, air con, push button start, keyless entry, full electric pack and more, stunning example |£5495 or £23pw |
| (61) Renault Grand Modus Dynamique Auto 5DR, in black, low mileage, FSH, half leather, air con, auto lights, abs, full electric pack and more |£5495 or £23pw |
| (12) Vauxhall Astra Sportive CDTI Diesel 125 Van, in silver, one previous keeper, FSH, immaculate condition, Bluetooth, 6 speed and more, value |£5495 +VAT |
| (61) Kia Rio CRDI Strike Diesel 5DR, in blue, one owner, low mileage, FSH, very economical, only £30 RFL, fitted with many factory extras, stunning |£5695 or £24pw |
| (61) Nissan Note N-Tec, in blue, one owner, low mileage, FSH, alloys, Bluetooth, Sat nav, climate/traction control, keyless entry and much more, superb |£5695 or £24pw |
| (59) Toyota Yaris T Spirit 4-4d Diesel 5DR, in silver, one previous keeper, FSH, £20 RFL, alloys, air con, abs, full electric pack and more, value at |£5695 or £24pw |
| (09) Vauxhall Astra SRi, in silver, one previous keeper, low mileage, immaculate condition, fitted with alloys, air con, sports seats and much more |£5695 or £24pw |
| (61) Renault Wind 1.6 Dynamique Convertible, in saturn, one owner, 20,000 miles, main dealer FSH, alloys, air con, half leather and more, superb |£5995 or £25pw |
| (03) Jaguar XJ6 V6 SE Auto, in British racing green, one owner, FSH, alloys, climate/cruise, leather electric memory seats, Bluetooth, parking sensors |£5995 or £25pw |
| (12) Mazda 2 Takuya 1.3 5DR, in silver, low mileage, one previous keeper, FSH, very economical, only £30 RFL, fitted with many factory extras, value |£5995 or £25pw |
| (62) Toyota Aygo VVT-i Fire 5DR, in sunset, one owner, low mileage, immaculate condition through-out, alloys, air con, full electric pack and more |£5995 or £25pw |
| (07) Ford C-Max Zetec Auto, in silver, one previous keeper, low mileage, FSH, fitted with air con, alloys, privacy glass, Isofix, full electric pack and more |£5995 or £25pw |
| (58) Jeep Patriot Sport 5DR, in silver, one owner, FSH, fitted with a vast array of factory extras, immaculate condition through-out, stunning example |£5995 or £25pw |

CARS FROM £30 PER WEEK

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| (61) Peugeot Partner Tepee Outdoor HDI Diesel MPV, in grey, low mileage, FSH, fitted with many factory extras, immaculate condition through-out |£7495 or £30pw |
| (59) Volvo C30 R-Design, in grey, one owner, low mileage, FSH, fitted with full leather, alloys, climate/cruise control, parking sensors and much more |£7495 or £30pw |
| (09) Chevrolet Orlando LT 7 Seater Auto 5DR, in black, one owner, 20,000 miles, FSH, air con, alloys, full electric pack and more, immaculate condition |£7495 or £30pw |
| (09) Mercedes A Class Avantgarde SE Diesel 5DR, in silver, low mileage, FSH, alloys, climate/traction control, Bluetooth, half leather and more |£7695 or £33pw |
| (63) Citroen C3 VTR Plus 5DR (New Shape), in white, low mileage, one owner, main dealer FSH, alloys, climate control, Bluetooth and more, superb |£7995 or £34pw |
| (07) Ford Focus ST-2 5DR, in silver, one previous keeper, low mileage, FSH, with air con, alloys, privacy glass, sport seats, alarm and more, superb |£7995 or £34pw |
| (11) Honda Jazz EX 5DR, in grey, one owner, low mileage, FSH, fitted with sat nav, air con, alloys, cruise control, full electric pack and more, superb |£7995 or £34pw |
| (06) Lexus RX 350 SE Auto Estate, in silver, one previous keeper, FSH, immaculate condition, full leather heated seats, alloys, air con, parking sensors |£7995 or £34pw |
| (61) Renault Scenic Dynamique Tomtom DCI Diesel Auto, in saturn, one owner, FSH, sat nav, Bluetooth, climate/cruise control, alloys and more |£8495 or £35pw |
| (08) Honda Civic Type-R GT, in black, one previous keeper, low mileage, fitted with sat nav, air con, alloys, cruise control, auto lights, sports seats |£8495 or £35pw |
| (61) Peugeot 3008 Sport E-HDI Diesel Auto 5DR, in grey, one owner, main dealer FSH, climate/cruise, Bluetooth, parking sensors, alloys and more |£8695 or £36pw |
| (61) Peugeot 3008 Active HDI Diesel 5DR, in black, low mileage, FSH, immaculate condition, alloys, air con, CD, full electric pack and much more |£8695 or £36pw |
| (13) Ford Focus Zetec Eco Boost 5DR, in silver, one owner, low mileage, FSH, very economical, £20 RFL, alloys, air con, Bluetooth and much more |£8995 or £38pw |
| (10) BMW 318 ES, in silver, low mileage, FSH, fitted with, alloys, air con, stability/traction control, full electric pack and more, superb inside and out |£8995 or £38pw |
| (61) Mini One Convertible, in white, one owner, main dealer FSH, fitted with a vast array of factory extras, immaculate condition through-out, superb |£8995 or £38pw |
| (10) Saab 9-3 Vector Sport Convertible, in grey, low mileage, immaculate condition through-out, fitted with a vast array of factory extras, stunning |£8995 or £38pw |
| (12) Citroen DS3 Style Plus, in white, one owner, low mileage, fitted with air con, alloys, Bluetooth, alarm, full electric pack and more, superb value |£8995 or £38pw |

CARS FROM £10 PER WEEK

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| (07) Honda Jazz DSI Sport 5DR, in silver, low mileage, FSH, air con, CD player, full electric pack and more, super condition through-out |£4895 or £18pw |
| (58) Skoda Fabia 1.6 Sport 5DR, in saturn, one owner, low mileage, FSH, fitted with alloys, air con, Isofix, CD, full electric pack and much more, superb |£4695 or £19pw |
| (09) Citroen C1 Splash 5DR, in blue, low mileage, one previous keeper, FSH, very economical, only £20 RFL, fitted with many factory extras, value |£4695 or £19pw |
| (57) Ford C-Max Zetec Diesel, in blue, one previous keeper, low mileage, FSH, fitted with air con, privacy glass, CD, full electric pack and more, immaculate |£4695 or £19pw |
| (10) Nissan Micra Visia 5DR, in black, one owner, low mileage, FSH, immaculate condition through-out, fitted with many factory extras, great value at |£4695 or £19pw |
| (07) Ford Fiesta Zetec Climatic 5DR, in mauve, one previous keeper, low mileage, FSH, with air con, alloys, auto lights, full electric pack and more |£4695 or £19pw |
| (59) Smart ForTwo Coupe Passion Auto, in white, low mileage, FSH, very economical, only £20 RFL, with pan sunroof, air con, alloys, privacy glass |£4695 or £19pw |

CARS FROM £20 PER WEEK

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| (12) Fiat 500 Pop, in white, one owner, low mileage, very economical, £30 RFL, immaculate condition through-out, fitted with many factory extras |£5995 or £25pw |
| (59) Renault Clio Initiale Tomtom Auto 5DR, in silver, low mileage, FSH, sat nav, full leather, pan roof, Bluetooth, cruise/climate control and more |£5995 or £25pw |
| (54) BMW 1 Series Diesel 5DR, in graphite, one previous keeper, FSH, with full leather, alloys, climate control, parking sensors and much more |£5995 or £25pw |
| (13) Citroen C1 1.0 VTR 5DR, in grey, one owner, low mileage, main dealer FSH, very economical, RFL exempt, fitted with many factory extras, value |£5995 or £25pw |
| (09) Renault Koleos Dynamique S DCI Diesel 4x4, in grey, one owner, FSH, fitted with alloys, climate/cruise control, Bluetooth, 6 speed and more |£6495 or £26pw |
| (12) Citroen C3 Picasso VTR Plus HDI Diesel 5DR, in blue, one owner, low mileage, FSH, very economical, only £30 RFL, fitted with many extras |£6495 or £26pw |
| (11) Smart ForTwo Passion Brabus Auto, in white, one previous keeper, low mileage, FSH, £30 RFL, sat nav, pan roof, Bluetooth, heated seats |£6495 or £26pw |
| (56) Jaguar S-Type V6 SE Diesel Auto, in blue, one owner, low mileage, FSH, full leather heated electric seats, sat nav, climate/cruise control |£6695 or £28pw |
| (10) Vauxhall Zafira 1.8 Exclusive 7 Seater, in blue, one owner, low mileage, FSH, immaculate condition through-out, fitted with many extras |£6695 or £28pw |
| (08) Suzuki Grand Vitara 5DR Auto, in blue, low mileage, service history, alloys, climate/cruise control, CD player, full electric pack and more |£6695 or £28pw |
| (12) MG 6 S GT 5DR, in grey, one owner, low mileage, FSH, fitted with, alloys, air con, push button start, full electric pack and much more, stunning |£6695 or £28pw |
| (62) Smart ForTwo Passion Auto, in black, one owner, FSH, RFL exempt, sat nav, pan roof, Bluetooth, alloys, full electric pack and more, great value |£6995 or £29pw |
| (58) Toyota Corolla Verso SR 4-4d Diesel 7 Seater, in silver, one owner, FSH, superb condition through-out, fitted with many factory extras, value |£6995 or £29pw |
| (08) BMW 3 Series SE, in silver, low mileage, FSH, immaculate condition, alloys, air con, keyless entry, rain-sense wipers, abs and much more |£6995 or £29pw |
| (62) Volkswagen Move Up Bluetmotion, in black, one owner, FSH, only 6000 miles, very economical, RFL exempt, sat nav, Bluetooth, air con, CD |£6995 or £29pw |
| (56) Volvo XC70 D5 SE Diesel Auto Estate, in mauve, one owner, main dealer FSH, low mileage, full leather, alloys, air con, cruise, abs and more |£6995 or £29pw |
| (12) Citroen C4 VTR Plus HDI Diesel 5DR, in blue, one owner, FSH, very economical, £30 RFL, alloys, air con, Bluetooth, parking sensors and more |£6995 or £29pw |

CARS FROM £30 PER WEEK

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| (12) Ford Focus Zetec TDCI Diesel Auto 5DR, in black, one owner, low mileage, FSH, sat nav, Bluetooth, air con, full electric pack and much more |£8995 or £38pw |
| (57) Mercedes C180 Kompressor SE Auto, in grey, immaculate condition, full leather, alloys, climate control, full electric pack and more, stunning |£8995 or £38pw |
| (61) Nissan Qashqai Acenta DCI Diesel 5DR, in white, one owner, low mileage, main dealer FSH, alloys, climate/cruise, Bluetooth, parking sensors |£9295 or £39pw |
| (11) Peugeot 5008 Sport Turbo Auto 7 Seater, in black, one owner, low mileage, FSH, alloys, climate control, Bluetooth, parking sensors and more |£9995 or £42pw |
| (07) Mercedes SLK200 Kompressor Auto Convertible, in blue, one owner, low mileage, FSH, leather electric heated sports seats, climate/cruise |£10,995 or POA |
| (11) Audi A3 Sportback TDI S-Line Diesel 5DR, in blue, one owner, main dealer FSH, sat nav, full leather, Bluetooth, climate/cruise, parking sensors |£12,495 or POA |
| (61) Audi A1 S-Line Diesel, stunning condition through-out, low mileage, fitted with a vast array of factory extras including half leather, superb spec |£12,495 or POA |
| (11) Ford Galaxy Zetec TDCI Diesel 7 Seater, in midnight, one owner, main dealer FSH, alloys, climate control, Bluetooth, parking sensors and more |£12,995 or POA |
| (62) Jeep Compass Limited CRD Diesel 4WD, in grey, one previous keeper, low mileage, FSH, leather heated electric seats, sat nav, climate/cruise |£15,495 or POA |
| (13) Renault Megane RenaultSport SS 265 Coupe, in grey, one owner, FSH, full leather heated sports seats, climate/cruise, Bluetooth and more |£15,995 or POA |
| (10) Audi A5 Sportback S-Line TDI Diesel Auto 5DR, in blue, one previous keeper, low mileage, full leather heated electric seats, sat nav, Bluetooth |£15,995 or POA |
| (63) Ford Galaxy Zetec TDCI Diesel Auto 7 Seater, in black, one owner, FSH, alloys, climate control, Bluetooth, parking sensors and much more, superb |£15,995 or POA |
| (12) Isuzu Rodeo TD Denver Max LE Diesel Pick-up, in black, one owner, 7000 miles, FSH, crew cab, full leather heated seats, sat nav, Bluetooth |£15,995 +VAT or POA |
| (11) Nissan Qashqai Tekna Plus 2 DCI Diesel Auto 4WD 7 Seater, in saturn, one owner, FSH, sat nav, full leather, Bluetooth, pan roof, parking camera |£16,995 or POA |
| (12) Ford S-Max Titanium X Sport TDCI Diesel Auto 7 Seater, in silver, one owner, low mileage, FSH, alloys, climate control, Bluetooth, pan roof and more |£18,995 or POA |
| (09) Audi Q7 Quattro S-Line TDI Diesel Auto 7 Seater, in blue, full leather electric heated seats, Bluetooth, cruise/climate control, superb spec vehicle |£21,995 or POA |

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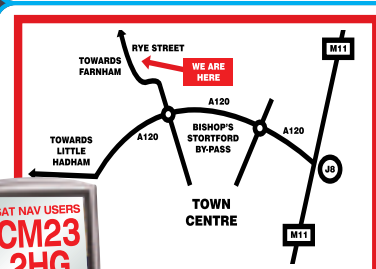
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CAR OF THE WEEK



2008 (08) PEUGEOT 207 1.6 SPORT CONVERTIBLE, METALLIC GREY, 55,000 MILES, FULL SERVICE HISTORY, AIR CONDITIONING, ALLOY WHEELS, CD PLAYER, ABS, FRONT FOG LIGHTS, ELECTRIC HARD TOP ROOF £4,495

| | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 2009 (59) VOLKSWAGEN GOLF 1.6 TDI SE 5 DOOR, METALLIC SILVER, 51,000 MILES, SERVICE HISTORY, AIR CONDITIONING, ALLOY WHEELS, CRUISE CONTROL, SAT NAV, CD PLAYER, ABS, £30 YEAR ROAD TAX, AVERAGE 61MPG..... | £8,975 |
| 2012 (12) FORD KA 1.2 EDGE (START/STOP) 3 DOOR, WHITE, ONLY 13,000 MILES, 1 PRIVATE OWNER, SERVICE HISTORY, AIR CONDITIONING, CD PLAYER, ABS, ELECTRIC WINDOWS/MIRRORS, CENTRAL LOCKING, £30 A YEAR ROAD TAX..... | £6,250 |
| 2007 (57) MINI COOPER S CHILLI RED WITH WHITE ROOF AND MIRROR CAPS, CHILLI PACK, HALF LEATHER, MINI SERVICE HISTORY, ALLOY WHEELS, FRONT FOG LIGHTS, CD PLAYER WITH HI-FI SYSTEM-AUX SOCKET, FRONT ARM REST, MULTI-FUNCTIONAL STEERING WHEEL, CRUISE CONTROL, COMPUTER, AUTO AIR CONDITIONING, HEADLAMP WASH SYSTEM..... | £5,995 |
| 2006 (06) LAND ROVER FREELANDER 2.0 TD4 DIESEL FREESTYLE HARD BACK, 3 DOOR, 53,000 MILES, 2 PRIVATE OWNERS, 17" ALLOY WHEELS, HALF LEATHER, AIR CONDITIONING, RADIO CD, SERVICE HISTORY, CENTRAL LOCKING, ELECTRIC WINDOWS, IMMOBILIZER..... | £5,995 |
| 2011 (11) VAUXHALL CORSA 1.2 SXI, 5 DOOR, SILVER LEAF METALLIC, 37,000 MILES, SERVICE HISTORY, ALLOY WHEELS, AIR CONDITIONING, ABS, ELECTRIC WINDOWS, CENTRAL LOCKING, RADIO CD, BEAUTIFUL EXAMPLE..... | £5,795 |
| 2010 (10) VAUXHALL CORSA 1.2 ENERGY, 3 DOOR, BRIGHT RED, 26,000 MILES, SERVICE HISTORY, LADY OWNER, ALLOY WHEELS, AIR CONDITIONING, ABS, RADIO CD WITH AUX SOCKET, ELECTRIC WINDOWS, CENTRAL LOCKING..... | £5,495 |
| 2010 (10) PEUGEOT 207 1.4 VTI SPORT 5 DOOR, DARK GREY METALLIC, 31,000 MILES, 1 OWNER, SERVICE HISTORY, ALLOY WHEELS, RADIO/CD, ABS, AIR BAGS, CLIMATE CONTROL..... | £5,475 |
| 2011 (61) PEUGEOT 107 1.0 URBAN 5 DOOR, RED, ONLY 14,000 MILES, 1 PRIVATE OWNER, SERVICE HISTORY, ELECTRIC WINDOWS, CENTRAL LOCKING, CD PLAYER, ABS, AIRBAGS, £20 A YEAR ROAD TAX..... | £4,995 |
| 2008 (08) PEUGEOT 207 1.6 SPORT CONVERTIBLE, METALLIC GREY, 55,000 MILES, FULL SERVICE HISTORY, AIR CONDITIONING, ALLOY WHEELS, CD PLAYER, ABS, FRONT FOG LIGHTS, ELECTRIC HARD TOP ROOF..... | £4,495 |
| 2009 (09) CITROEN C1 1.0 VT 3 DOOR, ELECTRIC BLUE METALLIC, 42,000 MILES, SERVICE HISTORY, RADIO/CD WITH AUX SOCKET, 5 SPEED, ABS, AIR BAGS..... | £3,995 |
| 2007 (57) VAUXHALL ASTRA 1.8 DESIGN AUTOMATIC, 5 DOOR, METALLIC BLACK, 67,000 MILES, SERVICE HISTORY, AIR CONDITIONING, ALLOY WHEELS, HALF LEATHER INTERIOR, CD PLAYER, FRONT FOG LAMPS, ABS, AUTOMATIC HEAD LIGHTS..... | £3,695 |
| 2008 (58) RENAULT CLIO CAMPUS 1.5 DIESEL VAN SILVER, 63,000 MILES, SERVICE HISTORY, 2 OWNERS, AIR CONDITIONING, CD PLAYER, ELECTRIC WINDOWS, CENTRAL LOCKING, ABS..... | £2,995 |
| 2003 FORD FIESTA 1.4 LX 5 DOOR, 1 PRIVATE OWNER, 70,000 MILES, FULL FORD SERVICE HISTORY, RADIO/CD, HEATED FRONT SCREEN, AIR CONDITIONING, SILVER/GREEN METALLIC, C/LOCKING, E/WINDOWS, EXCELLENT..... | £2,895 |
| 2002 (02) TOYOTA YARIS 1.0 GLS 5 DOOR RED WITH GREY CLOTH, 48,000 MILES, 2 OWNERS, SERVICE HISTORY, AIR CONDITIONING, ELECTRIC WINDOWS, CENTRAL LOCKING..... | £2,395 |

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| Auris Hybrid, Prius 1.8L, Prius+, Prius Plug-in | £149 | £219 | £279 |
| MR2, Celica | £129 | £209 | £279 |
| RAV4 | £139 | £239 | £299 |
| Land Cruiser (Except V8) | £179 | £269 | £369 |
| Amazon, Land Cruiser V8 | £259 | £449 | £529 |
| GT86 | £169 | £299 | £579 |



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Your Centre will recommend the correct service for your vehicle based on the age, mileage and service history. All prices include parts, oil, labour and VAT (20%). Fixed Price Servicing is applicable to Toyota passenger vehicles only and cannot be used in conjunction with any other offer. Additional items may be required on some services. Only at participating Authorised Toyota Service Centre. Prices apply to vehicles up to 10 years or 100,000 miles. Prices correct as at January 2014 and are the maximum retail price. Authorised Toyota Service Centres are free to offer prices lower than above. Hybrid Health Check will extend the Hybrid Battery warranty by 1 year or 10,000 miles as long as it takes place before the cars tenth anniversary of first registration. For further information regarding Hybrid warranty visit toyota.co.uk/5yearwarranty.

WINTRY MOTOR POINT

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CAR OF THE WEEK

2007 (57) Nissan X-Trail 2.5



£6,995
black, alloy wheels, air con, remote locking, cruise control, sat nav, e/windows, e/sunroof, e/mirrors, 30,000 miles only

2010 (10) Vauxhall Insignia 1.8 Exclusive 5dr



£6,995
gunmetal, air con, e/mirrors, e/windows, sat nav, cruise control, 46,000 miles

2006 (55) Mercedes CLK 200 Kompressor



£6,495
grey, alloy wheels, air con, remote locking, e/windows, e/mirrors, half leather seats, cruise control, 32,000 miles only

2011 (11) Fiat 500 0.9



£6,995
red, alloy wheels, air con, remote locking, e/windows, e/mirrors, panoramic roof, £0 a year tax, cheaper insurance, 26,000 miles only

EXECUTIVE

2009 (59) Mercedes E350 CDI Coupe, black, alloy wheels, climate control, parking sensors, heated electric leather seats, remote locking, e/windows, e/mirrors, cruise control, 60,000 miles
Was £19,995 Now £15,995

2011 (11) Audi A3 5dr 1.8 TFSI Auto, silver, air con, alloy wheels, air con, e/mirrors, e/windows, 28,000 miles
Was £14,995 Now £13,995

2003 (03) Mercedes SL350 Auto, silver, alloy wheels, climate control, heated electric leather memory seats, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, electric hood hard top, 59,000 miles
Was £13,995 Now £11,995

2006 (56) Jaguar S-Type 2.7 Diesel Automatic, red, alloy wheels, climate control, remote locking, cruise control, Sat Nav, parking sensors, electric leather seats, e/windows, e/mirrors, 58,000 miles
Was £8,995 Now £7,695

2006 (55) Mercedes CLK 200 Kompressor, grey, alloy wheels, air con, remote locking, e/windows, e/mirrors, half leather seats, cruise control, 32,000 miles only
Was £7,695 Now £6,495

SALOON & HATCHBACK

2011 (61) Nissan Juke 1.6 Acentra 5dr, red, sat nav, reversing camera, alloy wheels, cruise control, 20,000 miles
Was £10,995 Now £9,995

2011 (11) Vauxhall Astra 1.4 Excite 5dr, white, air con, cruise control, e/windows, e/mirrors, remote central locking, 27,000 miles
Was £8,995 Now £7,995

2010 (10) Vauxhall Insignia 1.8 Exclusive 5dr, gunmetal, air con, e/mirrors, e/windows, sat nav, cruise control, 46,000 miles
Was £7,995 Now £6,995

2011 (61) Peugeot 308 1.6 HDI, black, alloy wheels, air con, remote locking, e/windows, e/mirrors, CD player, one owner, 45,000 miles, £20 a year tax
Was £7,995 Now £6,995

2011 (61) Vauxhall Corsa 1.3 CDTi, grey, air con, remote locking, e/windows, e/mirrors, one owner, 39,000 miles only
Was £7,495 Now £6,495

2008 (58) Ford Focus 1.6 Style 5dr, silver, air con, e/mirrors, e/windows, remote central locking, CD Player, 50,000 miles
Was £6,495 Now £5,495

2008 (08) Mercedes A150, black, alloy wheels, air con, remote locking, e/windows, e/mirrors, half leather seats, CD player, 59,000 miles
Was £6,995 Now £4,995

2005 (55) Mini One 3dr,

white, remote central locking, e/mirrors, e/windows, 57,000 miles
Was £5,995 Now £4,995

2007 (57) Renault Megane 1.6, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 57,000 miles
Was £4,495 Now £3,495

FAMILY CARS

2011 (11) Vauxhall Astra 1.4 Excite 5dr, white, air con, cruise control, e/windows, e/mirrors, remote central locking, 27,000 miles
Was £8,995 Now £7,995

2007 (57) Nissan Qashqai 2.0, beige, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/mirrors, 42,000 miles only
Was £8,995 Now £7,995 **SOLD**

2007 (57) Nissan X-Trail 2.5, black, alloy wheels, air con, remote locking, cruise control, sat nav, e/windows, e/sunroof, e/mirrors, 30,000 miles only
Was £7,995 Now £6,995

2010 (10) Vauxhall Insignia 1.8 Exclusive 5dr, gunmetal, air con, e/mirrors, e/windows, sat nav, cruise control, 46,000 miles
Was £7,995 Now £6,995

2011 (61) Vauxhall Meriva 1.4, silver, air con, remote locking, e/windows, e/mirrors, cruise control, CD player, 17,000 miles only
Was £7,995 Now £7,000 **SOLD**

2007 (57) Citroen C4 Picasso 1.6 Diesel, mauve, alloy wheels, air con, remote locking, cruise control, parking sensors, e/windows, e/mirrors, CD player, 7 seater, 40,000 miles only, one owner
Was £7,995 Now £6,995

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2011 (61) Vauxhall Meriva 1.4, beige, air con, remote locking, cruise control, e/windows, e/mirrors, parking sensors, one owner, 33,000 miles only
Was £7,495 Now £6,495

2008 (58) Ford Focus 1.6 Style 5dr, silver, air con, e/mirrors, e/windows, remote central locking, CD Player, 50,000 miles
Was £6,495 Now £5,495

2004 (04) Renault Espace 2.2 DCI, blue, air con, remote locking, e/windows, e/mirrors, 90,000 miles
Was £3,995 Now £2,995

2005 (55) Vauxhall Astra 1.8 Auto Design Estate, silver, air con, e/mirrors, e/windows, 50,000 miles
Was £3,995 Now £3,000 **SOLD**

AUTOMATICS

2011 (11) Audi A3 5dr 1.8 TFSI Auto, silver, air con, alloy wheels, air con, e/mirrors, e/windows, 28,000 miles
Was £14,995 Now £13,995

2006 (56) Jaguar S-Type 2.7 Diesel Automatic, red, alloy wheels, climate control, remote locking, cruise control, Sat Nav, parking sensors, electric leather seats, e/windows, e/mirrors, 58,000 miles
Was £8,995 Now £7,695

2006 (56) Volkswagen Polo SE Auto 5dr, silver, air con, e/windows, e/mirrors, CD Player, MP3, alloy wheels, 45,000 miles
Was £5,395 Now £4,395 **SOLD**

IDEAL FIRST CARS

2010 (60) Mini One Diesel 1.6, yellow, air con, remote locking, e/windows, e/mirrors, CD player, 40,000 miles £0 road tax
Was £8,995 Now £7,995

2011 (11) Fiat 500 0.9, red, alloy wheels, air con, remote locking, e/windows, e/mirrors, panoramic roof, £0 a year tax, cheaper insurance, 26,000 miles only
Was £7,995 Now £6,995

2011 (61) Vauxhall Corsa 1.3 CDTi, grey, air con, remote locking, e/windows, e/mirrors, one owner, 39,000 miles only
Was £7,495 Now £6,495

2013 (13) Citroen C1 1.0, white, air con, remote locking, e/windows, CD player, £0 a year, 1,800 miles only
Was £6,995 Now £5,995

2011 (61) Peugeot 107 1.0, blue, alloy wheels, air con, remote locking, e/windows, £20 a year tax, CD player, 20,000 miles only, one owner
Was £6,995 Now £5,495

2011 (11) Peugeot 107 1.0, blue, central locking, e/windows, CD player, ideal first car, £20 a year tax, cheaper insurance, 28,000 miles only
Was £6,295 Now £4,995

2008 (08) Nissan Micra 1.2, blue, alloy wheels, air con, remote locking, e/windows, e/mirrors, 40,000 miles only
Was £6,495 Now £4,695

2008 (08) Citroen C1, silver, £30 per year road tax, low insurance, CD Player, one owner, 35,000 miles
Was £4,995 Now £3,995

CONVERTIBLE

2003 (03) Mercedes SL350 Auto, silver, alloy wheels, climate control, heated electric leather memory seats, cruise control, Sat Nav, parking sensors, e/windows, e/mirrors, electric hood hard top, 59,000 miles
Was £13,995 Now £11,995

2008 (08) Ford Focus 2.0 CC, red, alloy wheels, air con, electric power hood, remote locking, parking sensors, e/windows, e/mirrors, CD player, 53,000 miles only
Was £6,495 Now £5,495

2006 (06) Peugeot 307cc 2.0 HDI, blue, alloy wheels, air con, remote locking, half leather seats, e/windows, e/mirrors, parking sensors, CD player, electric hood, 49,000 miles only
Was £4,995 Now £3,995

PART EXCHANGE

2004 (04) Nissan Primera 5dr, gold, e/mirrors, e/windows, alloy wheels, CD Player, 70,000 miles
£1,950

2001 (Y) Mercedes E280 Automatic, silver, alloys, leather, 66k
£1,250

2011 (11) Vauxhall Astra 1.4 Excite 5dr



£7,995
white, air con, cruise control, e/windows, e/mirrors, remote central locking, 27,000 miles

2006 (56) Jaguar S-Type 2.7 Diesel Automatic



£7,695
red, alloy wheels, climate control, remote locking, cruise control, Sat Nav, parking sensors, electric leather seats, e/windows, e/mirrors, 58,000 miles

2013 (13) Citroen C1 1.0



£5,995
white, air con, remote locking, e/windows, CD player, £0 a year, 1,800 miles only

2011 (61) Nissan Juke 1.6 Acentra 5dr



£9,995
red, sat nav, reversing camera, alloy wheels, cruise control, 20,000 miles

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2006 (56) BMW M6 5.0 V10 SMG 2dr. THIS CAR HAS GREAT PROVENANCE & SPEC, full Merino Leather upholstery, semi-automatic, chrome line exterior, TV function 8" colour screen/digital, sat nav, parking aid, 61,000 miles, Full Service History, excellent condition

£19,995 p/x welcome

2008 (08) BMW 3 Series 3.0 335i M Sport, 2dr Auto Convertible "OVER £8,000 WORTH OF EXTRAS" grey, black full leather interior, 49,000 miles, park distance control, full dealership history, cruise control, sat nav

£16,000 p/x welcome

2009 (59) Alfa Romeo Mito 1.6 JTDm Lusso, Diesel, 3dr, 62,262 miles, red, 5 seats, in-car entertainment. THIS CAR HAS JUST HAD THE ALL IMPORTANT CAMBELT CHANGE SERVICE, Full Service History, excellent condition.

£5,995 p/x welcome

2013 (63) Nissan Qashqai 1.6 360, 5dr, solid white PROFESSIONALLY WRAPPED IN SATIN PINK FROM NEW, one owner from new, black part-leather interior, 8,000 miles, full service history, panoramic glass roof, ultrasonic rear park system, alloy wheels, rear privacy glass, rain-sensing wipers, excellent condition

£15,000 p/x welcome

2012 (12) Mitsubishi L200 2500 cc 2.5 Di-D Barbarian Pick-up NO VAT, silver, 40,443 miles, full dealership history, black full leather interior, cruise control, rear parking aid, sat nav, excellent condition

£16,000 p/x welcome

2012 (62) BMW 1 Series 120i M Sport Convertible LOW LOW MILES only 12,992, blue with black part-leather interior, heated front seats, rear parking distance control, BMW Business radio with single CD player, 3 spoke leather M multi-function steering wheel, excellent condition

£17,995 p/x welcome

2009 (59) Nissan GT-R 3.8 V6 Premium 2dr Automatic Coupe, grey, 51k, grey part leather interior, sat nav, electric seats, cruise control, Excellent Condition

£38,000 p/x welcome

2004 (04) Mercedes-Benz SL Class 3.7 SL550 2dr Convertible, Silver, grey leather interior, wood/leather trimmed gear shift & steering wheel, Panoramic Glass Vario sunroof, 92,721 miles Full Service History.

£9,500 p/x welcome

2005 (55) Volkswagen Touran 3.0 TDI V5 Sport, 5dr-NEW AUDI Q7 ALLOYS & TYRES, Diesel, Auto, Black, Black Full Leather Interior, 85,660 miles, 6 CD autochanger, heat insulating tinted glass, Full Service History.

£9,500 p/x welcome

2013 (13) Volkswagen Caravelle 2.0 SE 4dr, LWB, BlueMotion, 35,000 miles, diesel, manual, silver, "THIS HAS A BED IN THE BACK". Upgrades - ROTATING REAR SEATS, REFRESHMENT TABLE, REAR ROLLER STYLE BED.

£26,500 p/x welcome

2012 (62) Land Rover Range Rover 4.4 TD Westminster 4x4 5dr Diesel Automatic, black, 20,000 miles, full leather interior, parking sensors, excellent bodywork, full service history

£46,000 p/x welcome

2006 (56) Porsche 911 3.6 Carrera 4 2dr, 85,000 miles, petrol, manual, coupe, black, 3 spoke Steering Wheel in Smooth Leather, 6 Disc CD Autochanger, Bose Sound System, Electric Front Seats, Heated Seats.

£22,000 p/x welcome

2010 (60) BMW X5 3.0 TD xDrive40d SE 5dr Diesel Automatic, Titanium Silver Metallic, full leather interior, 77,758 miles, electric front seats, heated front seats, aluminium running boards, roof rails, Full Service History.

£22,685 p/x welcome

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USED CAR SELECTION

- (61) Mazda2 1.3 Tamura, 5dr, 18,000 miles, blue **£6,995**
- (06) Volkswagen Touran 2.0 Tdi Sport 5dr, 7 seater, grey, 78,740 miles **£5,745**
- (11) Peugeot 207 1.4 Envy 5dr, 30,440 miles, blue **£5,575**
- (06) BMW 1 Series 2.0 118d SE 5dr, DIESEL, 86,610 miles, grey **£5,695**
- (58) Volvo S40 2.4 D5 R-Design Sport, 4dr, DIESEL, 115,000 miles, white **£5,495**
- (55) BMW 1 Series 2.0 120d Sport, 5dr, DIESEL, 85,050 miles, black **£5,295**
- (10) Toyota Yaris 1.33 VVT-I TR, 5dr, 80,920 miles **£4,795**
- (54) Mini Hatch Cooper S 1.6 3dr "HUGE SPEC" full leather, 80,000 miles, black **£4,750**
- (08) Vauxhall Corsa 1.2i 16v Design, 5dr, 28,238 miles silver **£4,495**
- (57) Hyundai Tucson 2.0 16v GSi Station Wagon, 23,680 miles, blue **£4,495**
- (61) Hyundai i10 1.2 Classic, 5dr, 15,932 miles, white **£4,295**
- (08) Peugeot 308 1.6 Vti Sport 5dr, 57,970 miles, blue **£3,969**
- (55) Saab 9-3 2.0 T Linear 2dr Convertible, 50,589 miles, silver **£3,995**
- (58) Fiat Panda 1.2 Dynamic 5dr, 31,400 miles, blue **£3,495**
- (06) Ford Fiesta 2.0 ST, 3 dr, 98,716 miles, black **£3,295**
- (06) Toyota Aygo 1.0 VVT-I +, 5dr "£20 road tax", 63,717 miles, silver **£2,995**

- 2006 (56) Subaru Legacy 2.0 R 4WD Auto 4dr, fully loaded, grey **£2,995**
- (06) Citroen C3 1.4i Desire 5dr, 37,000 miles, black **£2,795**
- (05) Volkswagen Passat 1.9 TDi PD Trendline 4dr, DIESEL, 98,800 miles, blue **£2,495**
- (56) Vauxhall Astra 2.0i 16V Sri 5dr, 117,440 miles, blue **£2,495**
- (03) Toyota Corolla 1.6 VVT-I T2 5dr, 76,000 miles, silver **£2,295**
- (05) Vauxhall Astra 1.6i 16v SXi, 5dr, 82,000 miles, red **£2,295**
- (06) Toyota Avensis 1.8 VVT-I T3 S 5dr, 127,000 miles, blue **£2,195**
- 2001 (Y) Nissan Micra 1.4 16V S 5dr, red **£995**

FIRST TIME CAR? P

- (61) Ford KA 1.2 Metal 3dr, 18,180 miles, silver **£5,995**
- (08) Nissan Micra 1.2 16v Visia 3dr, 25,920K miles, red **£3,995**
- (09) Nissan Micra 1.2 16v Tekna 5dr, full service history, silver **£3,995**
- (57) Volkswagen FOX 1.2 Urban, 3dr, "IDEAL FIRST CAR" 42,660 miles, black **£3,295**
- (06) Kia Picanto 1.1 LX 5dr "IDEAL FIRST CAR" 65,260 miles, red **£2,195**

BMW 1 SERIES 2.0 SPORT
£5,295

FORD FIESTA 2.0 ST
£3,295

CITROEN C3 1.4i DESIRE
£2,795

TOYOTA YARIS 1.33 VVT-I TR
£4,795

NISSAN MICRA 1.2 16v TEKNA
£3,995

MINI HATCH COOPER S 1.6
£4,750

VOLKSWAGEN TOURAN 2.0 TDI SPORT
£5,745

FORD FOCUS C-MAX 1.8 16V
£2,295

TOYOTA AVENSIS 1.8 VVT-I
£2,195

TOYOTA COROLLA 1.6 VVT-I
£2,295

FORD KA 1.2 METAL
£5,995

MAZDA 1.3 TUMURA
£6,995

NISSAN MICRA 1.2 16v
£3,995

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Official Fuel Consumption Figures for the Suzuki Vitara range mpg (litres/100km) and CO₂ emissions (g/km): Urban 42.1-61.4 (6.7-4.6), Extra Urban 55.4-76.3 (5.1-3.7), Combined 49.5-70.6 (5.7-4.0), CO₂ emissions 131-106 g/km.

The above fuel consumption figures are based on an EU test for comparative purposes only and may not reflect real driving results. Vitara range: Vitara SZ4 1.6 Petrol Manual available at £13,999 to Vitara SZ5 DDiS ALLGRIP Manual with Urban or Rugged Pack available at £21,799. All prices and specifications correct at time of going to print. For full details contact your local participating Suzuki Dealer. Offer subject to availability for vehicles privately registered between 1st April 2015 to 30th June 2015 from participating Authorised Suzuki Dealers only. For full details contact your local participating Suzuki Dealer. *Model shown is a Vitara SZ5 1.6 petrol available at £17,999 on the road (Single-tone metallic paint available at an additional cost of £430, Dual-tone paint available at an additional cost of £800.) †Optional extra for SZ5 models only, optional ALLGRIP 4-wheel Drive available at additional cost.

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Burnt Mill Academy, 2 x 12½ hours per week (3.30pm - 6.00pm). 52 weeks per year. 23 days paid holiday plus Bank Holidays. Band 1 Point 6 (Actual salary incl. Fringe - £4,792.90 p.a.).

Cooks Spinney Primary School, 1 x 10 hours per week (3.00pm - 5.00pm). Term Time plus 3 weeks. Band 1 Point 6 (Actual salary incl. Fringe - £3,507.80 p.a.).

Closing date: Friday 15th May 2015.

Caretaker

Cooks Spinney Primary and Little Parndon Primary School, 30 hours per week (2.5 days in each school 9.00am - 3.00pm). 52 weeks per year. Band 2 Point 11 (Actual salary incl. Fringe - £12,794.59 p.a.). **Closing date: Friday 15th May 2015.**

Site Manager

Freshwaters Academy, 37 hours per week, 52 weeks per year. Band 3 Point 17-21. (Actual salary incl. Fringe - £17,945 - £20,315 p.a.). **Closing date: Friday 15th May 2015.**

For an application form, please contact: Evelyn Gardner, Associate Headteacher's Secretary, Burnt Mill Academy, First Avenue, Harlow CM20 2NR. Tel: 01279 307251 or email: gardnere@burntmill.essex.sch.uk

Turnford School
Mill Lane, Cheshunt, Hertfordshire EN8 0JU
Tel: 01992 308333
www.turnford.herts.sch.uk

Full-time Caretaker/Site Manager

Pay spine: H8/9 from £25,440 depending on experience
Required for May 2015

Turnford School is seeking to appoint a self-motivated, enthusiastic colleague with initiative to join our staff and lead a hard working site team. You will be expected to work with minimal supervision adopting a common sense approach to support the Finance & Resources Director in accordance with the practices, procedures and requirements of the School. You will be responsible for organizing and managing the work activities of the site team to ensure outstanding support is available during the school day and beyond. The main duties of the site team include security of the premises and its contents, general maintenance of all internal and external areas including maintenance and operation of plant, portage, grounds maintenance, litter control and where appropriate, chemical control under direction. As Site and Facilities Manager, you will have responsibility for all Health & Safety aspects of the facilities ensuring compliance to all current legislation/requirements. In addition, you will manage the cleaning and lunch time supervisor teams. You will have financial responsibility for managing costs associated with maintenance and utility service providers. The successful candidate is expected to be able to respond to emergency 'out of hours' situations promptly and hold a full Driving Licence.

To apply for this position please send a written letter of application, your CV and completed application form to rachel.engel@turnford.herts.sch.uk or Rachel Engel, Turnford School, Mill Lane, Cheshunt, EN8 0JU.

Closing date: 8 May 2015.

Apply online: www.teachinherts.com

Turnford School is committed to the safeguarding of children and young people and applicants will be subject to full safeguarding checks



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FROM JUST
£9.99



**CASH
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To sell your motor vehicle
harlowstar.co.uk/bookonline
or call 08444 068 676



"Positive living and learning for people with epilepsy and other complex needs"

Much Hadham, near Bishop's Stortford

Grants & Corporate Fundraising Officer

FTE £22,710 - £25,951 per annum (Full or part time available)

We are seeking a confident, enthusiastic, target and results driven Grants & Corporate Fundraising Officer to develop this fundraising stream. The successful candidate will be involved in raising funds for a wide variety of projects including capital builds, social enterprises, medical equipment and other projects to enhance the lives of all our young people and adults therefore flexibility in working hours is essential, along with occasional weekend working, access to own vehicle and hold a full UK driving licence. If you have a proven track record of raising income and meeting targets, an insight into charity fundraising, knowledge of local area and local contacts, together with intermediate level of word, excel & access and excellent organisational skills, we would like to hear from you.

Volunteer Coordinator

FTE £18,953 - £21,350 per annum (Full or part time available)

Are you enthusiastic, energetic and outgoing, with experience of volunteer recruitment and management? Then this could be the job for you.

We are looking for someone who can project manage a varied programme of volunteer opportunities, including identification of volunteer roles, recruiting volunteers, skills matching, training, supervision of volunteers plus overseeing event management. The successful applicant will need excellent organisational skills, have the ability to manage several projects at once, have good computer skills in Word, Excel and Access, together with an insight into charity fund-raising and knowledge of local area & local contacts. You will be required to work occasional weekends and evenings.

Closing date: 1 May 2015 (12 noon) Interviews: 8 May 2015

We offer a competitive employment package including 22 days annual leave plus BH (pro rata for part-time) commitment to training and development, supportive management and staff benefits. We also offer a range of staff discounts for High Street stores, Leisure & Gym plus optional contributory pension and childcare voucher schemes.

For further details and to apply on-line www.stelizabeths.org.uk.

Alternatively call 01279 843451 for an application form.

St Elizabeth's Centre is committed to safeguarding and promoting the welfare of children, vulnerable adults and young people. Successful applicant(s) will be required to undertake an enhanced DBS. As an equal opportunities employer, we welcome applications from all sections of the community.

Registered Charity No. 1068661



CLW



Much Hadham, Herts

Herts / Essex Border

20 minutes from the M11 or A10

Working with children and adults with learning disabilities and/or other complex health needs

Admissions Officer

C. £26,500 - £29,500

St Elizabeth's Centre comprises a residential special school (age 5-19), a college (age 18-25) and an adult residential care home with nursing. We provide education, care, medical support and accommodation to people of all ages who have severe epilepsy and other complex needs.

You must have:

- A Level 4 Qualification with relevant experience in:
- Registered/Social Care or Special Education services
- Assessing people with learning disabilities

You will provide a welcoming, key contact point to:

- Provide an excellent customer care orientated service for all referrals
- Co-ordinate effective applications/assessment and admissions procedures
- Help publicise and promote our services

We offer a competitive employment package including commitment to training and development, supportive management and staff benefits including optional contributory pension and childcare voucher schemes. We also offer a range of staff discounts for High Street stores, Leisure and Gym facilities. 37.5 hours per week (flexi-time) with 25-30 days annual leave plus Bank Holidays.

For further details and to apply on-line visit www.stelizabeths.org.uk or Tel: 01279 843451

Closing Date: 12:00 noon, Monday 11 May 2015

Interview Date: Thursday 21 May 2015

St Elizabeth's is committed to safeguarding and promoting the welfare of all children, vulnerable adults and young people. The successful candidate will be required to undertake an enhanced criminal records check. We are an equal opportunities employer welcoming applications from all sections of the community.

St Elizabeth's is administered by the English Province of the Daughters of the Cross of Liège. A registered charity 1068661 and a company limited by guarantee 3492921. The Registered Office is at 29 Tite Street, London SW3 4JX

"The Daughters of the Cross, a compassionate heartbeat in the world"



CLW



MBDA CAREERS EVENT

STEVENAGE

Saturday 25th April 2015
10am to 2pm

MBDA, Six Hills Way, Stevenage
Hertfordshire, SG1 2DA*

MBDA, a world leader in missiles and missile systems, is a multinational group with 10,000 employees across the UK, Europe and US. With some of the most sophisticated technology in defence, we are looking for **Experienced Engineers and Business Professionals** to expand our talent base.

Please visit our website

www.mbdacareers.co.uk before attending to find out about our company, benefits and to check if our current vacancies are a match to your skill set.

ENTRY REQUIREMENTS:

- PHOTO ID WILL BE REQUIRED FOR ENTRY ON THE DAY.
- You will need to be eligible for SC (Secret Level) UK Security Clearance in order to apply for any of our UK opportunities.
- Children under the age of 16 will not be permitted.
- Please ensure you bring along an up to date hard copy of your CV with you on the day.
- Relocation assistance may be offered as part of the package (subject to terms and conditions).

*Postcode for Sat Nav users: SG1 2DA

ESTATE MAINTENANCE PERSON

A full time position is offered for a diverse farming business in the Matching area with residential, commercial and office maintenance needs.

Essential skills required include: painting / decorating, carpentry, property maintenance, chainsaw work, grass and hedge maintenance.

Additional maintenance skills would be advantageous.

01279 731205 or collinskingstons@btinternet.com

Superior Roofing & Building Services

Office Administrator

Harlow Office based, previous experience essential. Sage training an advantage. Monday to Friday 8.00 - 5.00. liaising with Customers/suppliers/clients. Sourcing of materials, Purchase orders, sage inputting, Management of fleet

Please email all correspondence or CV for to **hayley@srbs.org**
www.srbs.org

Live-in Lodge Manager

Sheldon Lodge, Bishops Stortford

This is a new development consisting of privately owned retirement apartments in Bishops Stortford.

We are seeking a diplomatic person who is well organised, an excellent communicator and able to promote a happy and fulfilling lifestyle for Owners, whilst being sensitive to their needs.

You will be required to:-

- Encourage and facilitate social events
- Work closely with the developer's sales staff to help achieve sales
- Arrange contractors to maintain the building and grounds
- Be helpful and supportive to Owners

The successful applicant will be outgoing and enjoy working with others. Hotel, holiday, or property management experience is desirable and previous work within a caring profession would be an advantage. Service delivery is essential.

The hours of work are 9-5, Monday-Friday, 35 hours per week; salary is circa £14,500p.a. The role is live in with a 2 bedroom apartment.

To apply please send your CV to hr@millstreammanagement.co.uk or email for an application form.

Closing date for applications: 6th May

Millstream Management



No agencies please.

Henham and Ugley Primary and Nursery School

School Lane • Henham • Bishop's Stortford

Hertfordshire CM22 6BP

Tel: 01279 852115 • Fax: 01279 854228

Headteacher: Mrs G. Goo



Experienced KS2 Class Teacher

Required for September 2015

We are seeking to appoint an excellent class teacher to join our senior leadership team at our thriving and happy village school. As part of the senior leadership team you will lead a core subject and support the strategic development of our school as part of friendly, supportive and dedicated team.

If you have excellent teaching, organisation and communication skills, inspire and motivate children and have a passion for teaching and learning we would love to hear from you.

Staff and Governors at Henham and Ugley Primary and Nursery School are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

All appointments are subject to an enhanced DBS check, medical clearance and references.

Visits to the school are warmly welcomed.

Please contact school office to arrange.

Application packs can be downloaded from www.essexschoolsjobs.co.uk

Closing date: 12 Noon Monday 11th May 2015

Interviews: w/c 18th May 2015

CLW

Experienced Pump Engineers

Well established, thriving company with clean & foul water pump installation, repair and servicing work in Herts/Essex/ London area.

Salary negotiable
Please email CV to **info@macinlump.co.uk**

Night Shift Printer

Heidelberg
SM74-8P/CPC2000
3 x 12hour shifts
basic £30k-£40k
+ O/T
The Magazine
Printing Company
Enfield. CV to **mpc@magprint.co.uk**

Day Shift Finisher

All Rounder
(Stitch, Bind & Fold)
3 x 12 hour shifts Basic
£24k - £32k + O/T
The Magazine
Printing Company
Enfield. CV to **mpc@magprint.co.uk**

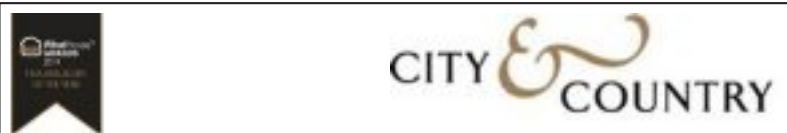
CLEANERS / HOME HELPERS

Work in your local area,
flexible part-time hours between
9am & 5pm weekdays only.
£7.85 p/h.
Car drivers preferred.
To apply call 01707 386068

CARER / COMPANION

Needed for male in his thirties.

If interested please phone
07519 371337



The City & Country Group are an award winning progressive developer who specialise in complex and challenging residential projects and are specialists in restoring and converting historical properties into unique dwellings of exceptional merit and character, who also construct new homes alongside these schemes.

We currently have the following vacancies:

Two exciting opportunities have arisen for new positions at City & Country. The jobs will be both varied and challenging and candidates will need self-motivation and drive.

PLANT MANAGER

- Managing a busy heavy and light plant department serving City & Country sites nationwide.
- Must have extensive knowledge of differing types of plant and equipment.
- Up to date knowledge of health and safety rules and regulations.
- Identify current and future demands for plant stock levels.
- Ability to carry out smaller repairs to plant and machinery.
- Competent in Microsoft word and Excel. We will train the right candidate in the use of COINS (a construction software system).
- Ability to deal with site issues in a confident and professional manner.
- React quickly and positively to urgent plant requirements.
- Be well organised.
- Have a clean driving licence.
- Identify where savings can be achieved and profits can be enhanced.

YARDS PERSON

- Preparing reclaimed building materials for sale, compiling descriptions and listing in our online shop and developing a new web site catalogue.
- Forklift tasks and manual loading, including driving a 7.5 ton lorry, will also be required as well as carrying out smaller repairs to plant and machinery.
- Maintaining the storage yard and identifying value of existing and future stock from sites and sourcing new market opportunities. If you would like to apply for the above position, please send your CV and covering letter to: careers@cityandcountry.co.uk.

www.cityandcountry.co.uk The City & Country Group, Bentfield Place, Bentfield Road, Stansted, Essex, CM24 8HL
Tel: 01279 817882 Fax: 01279 817883

CLW



Co-educational State Boarding School 11- 18
848 Pupils including 307 boarders

Science Technician

Required ASAP, H3, Pt 14 £10,479 (fte £16,804)

Required for April 2015, an experienced Science Technician to join an outstanding faculty in a nationally renowned school. Hockerill College has a strong international perspective and offers the International Baccalaureate Diploma and Middle Years Programmes. We offer a host of international exchanges and Duke of Edinburgh expeditions. Experience of the International Baccalaureate would be viewed with interest but is not a prerequisite.

Hockerill is a highly successful college and has high expectations of its students and staff. The College was IB School of the Year in 2011 and has topped the state school sixth form league tables for the past three years. Hockerill is one of only 37 state boarding schools with a vibrant international boarding community of 380 students. It is situated in the town of Bishop's Stortford in beautiful landscaped grounds and is within 30 minutes of both London and Cambridge.

To apply please complete the application form and return with a covering letter to:

Mrs C Faiers, Hockerill Anglo European College, Dunmow Road, Bishop's Stortford, Hertfordshire CM23 5HX.
Email: faiersc@hockerill.com Telephone: +44 (0) 1279 713964

The application pack and job description can be downloaded from our website:
<http://www.hockerill.com/34/vacancies>

Closing date for applications: Monday 27th April 2015

Hockerill Anglo-European College is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



CLW

Join our growing team



A new Alternative Provision for children & young people aged 4-16

Opened in September 2014, Aspire Academy is a new state-funded Alternative Provision set up under the Free Schools route. Our mission is to provide the highest quality, most inclusive alternative provision for the most vulnerable children and young people in Harlow and surroundings for whom mainstream schooling is not appropriate or successful. We opened with 88 pupils, aiming to rise to 107 by September 2016.

As the school grows, we have these excellent opportunities:

Admin Assistant (SEN) – to start as soon as possible

- Must have SEN experience
- Salary band 3/4 - £20k-£30k (dependent on skills and experience)
- Full-time (37 hours per week), term-time only (39 working weeks)

Home Tutor/Co-Educator – 1st September 2015 start

- Qualified/unqualified teacher to work in school and in pupil homes
- Car driver with experience of working 1-to-1 and with small groups
- Salary band 3/4 - £20k-£30k (dependent on skills and experience) or MPS for Qualified Teachers
- Full-time (37 hours per week), term-time only (39 working weeks)

ICT Manager/Data Analyst – 1st September 2015 start

- Must have good SIMS experience – including reporting and exams administration (or be willing to undertake training) and be able to analyse data using SIMS and EXCEL spreadsheets
- Salary £25k-£35k (dependent on skills and experience)
- Full-time (37 hours per week), 52 weeks (including statutory days & 5 weeks paid leave)

Premises Manager – 1st September 2015 start

- General care-taking duties including keyholder for alarm systems
- Salary £20k-£28k (dependent on skills and experience)
- Full-time (45 hours per week), 52 weeks (including statutory days & 5 weeks paid leave)

All the posts have access to the Local Government Pension Scheme.

For detailed job descriptions and more information, please visit our website www.aspire-academy.org

To arrange a visit/phone call please contact office@aspire-academy.org or call 01279 444101

TO APPLY:

Download the application form from our website and email, with a covering letter, to office@aspire-academy.org or send a hard copy to Tracey Waterhouse, Principal's PA, Aspire Academy, Commons Road, Harlow, Essex CM18 7EZ.

DEADLINE FOR APPLICATIONS:

Admin Assistant (SEN): 5pm, 8 May 2015 (Interviews: 14 May 2015)

All other posts: 5pm, 15 May 2015 (Interviews during May, dates to be confirmed)

Previous applicants are welcome to re-apply. Due to the large volume of applications, only shortlisted applicants will be notified.

Aspire Academy uses National salaries and contract terms & conditions in line with national & local government ones. Aspire is committed to Safeguarding children and the successful applicants will be subject to an enhanced DBS check.



We are looking to appoint

Midday Assistants

with immediate effect. Term time only
11:50am to 1:10pm daily.

Actual Pro Rata pay per annum: £2149.00

Application form may be obtained from the school or downloaded from our website: www.jeroundsprimary.co.uk
Tel: 01279 423485

Jerounds is committed to safeguarding and promoting the welfare of children and applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Criminal Records Bureau.

CLW

TAMDOWN LIMITED
EXPERIENCED
Groundworkers,
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and Machine Drivers
required for work in the
Hertford area
Must have current
CSCS Card
Top Rates of Pay
Please call
01376 320856
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Day Shift Folding Operator

Fold and Guillotine
3 x 12hr shifts basic
£19K-£25K + O/T
The Magazine
Printing Company
Enfield. CV to
mpe@magprint.co.uk

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CLEANER REQUIRED

Monday to Friday term
time only in old Harlow
area.

Please call
01279 834468

KTB

NEWSPAPER DELIVERER

Reliable driver for
immediate start.
5am Start, 7 Days/week
Good rate of pay.
Own car essential.
Tel: 07951 517363

KTB

COUNTER ASSISTANT REQUIRED

Newport pharmacy
full time - £7/HR
Tel: 01799 540968
Please apply at:
www.keypharma.co.uk
or email:
Newport@keypharma.co.uk

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Experienced Part time Cleaners

needed for domestic
house cleaning.
Good rates of pay.
Stansted areas.
**MUST HAVE
OWN TRANSPORT.**
Herts and Essex area.
Call 07883 340049

CLW

PAINTERS required

Experienced and
quality tradesmen only
For Huntingdon or
Bishop Stortford areas
Good rate of pay
Tel: 01487 711083

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register for
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to your phone



Improve lives...

If you are flexible, eager to learn and up for a challenge,
we can offer excellent career progression.

...and enrich your own

Support Workers

We provide residential care to young adults with learning disabilities, helping our service-users to access the community and all the experiences it has to offer. So if you have the patience and skill to work in a challenging environment, we can provide you with the necessary training and support.

Benefits:

- On going in-house training programme including NVQ's and other externally recognised qualifications
- Internal career opportunities and career pathways
- Variable and flexible shift patterns
- On site free parking
- Child care voucher scheme
- 28 days Annual Leave

For an informal chat call Katie or Lili on 01376 574150
or email: recruitment@zerothreecarehomes.co.uk
www.zerothreecarehomes.co.uk



WAREHOUSE OPERATIVE REQUIRED

Duties include:

Goods In. Palletising & Dispatching.
Stock Take & Rotation. Must hold valid
Fork Lift Licence
Warehouse experience essential.
Apply with CV & covering letter to
Sue Webberley - Office Manager,
Halspan Ltd Unit 10, M11 Business
Link, Stansted, Essex, CM24 8GF

CLW

The Rainbow & Dove P/H
Hastingwood, near Harlow requires
Full/Part time Experienced Kitchen Assistant,
experienced preferred, training will be provided.
Evening/weekend.
Transport required due to location
Call: 07931 650278
email CV to rainbowanddove@hotmail.co.uk
No agencies please

CLW

looking to recruit ?

menap Support worker (LB606b)
 Harlow or Loughton
 £14,778 - £15,623 per annum + 'Mencap Extras'

Mencap are recruiting for Support workers in Harlow or Loughton, Full and part time permanent contracts plus Waking nights.

You will be a caring, positive, challenging and trustworthy person with an inclusive attitude towards those with a learning disability. Flexibility to work across the week and weekends are essential. Enhanced DBS is required for all applicants. Apply online at www.mencap.org.uk/jobs reference LB606b

HOWE GREEN HOUSE SCHOOL
 Great Hallingbury, Bishop's Stortford
 Herts CM22 7UF
 Telephone: (01279) 657706
 Fax: (01279) 501333
 E: sally.p@howegreenhouse.essex.sch.uk
 W: www.howegreenhouseschool.co.uk

Independent Co-educational Day School for 2 - 11 year olds

REQUIRED WITH EFFECT FROM JULY 2015

PART-TIME CARETAKER
 Hours: alternating weekly shift of 7.30am - 12.30pm and 12.45pm - 5.45pm
 Rate of pay £9.50 per hour.

Please telephone or visit our website for an application form and further details of the above post. Please note that email applications will not be accepted.

Closing date for applications is midday on Monday 11th May 2015

Howe Green House is committed to the protection and safety of its pupils and therefore the successful candidate will be checked with the Disclosure and Barring Service.

Howe Green House School is an equal opportunities employer.

HOWE GREEN HOUSE SCHOOL
 Great Hallingbury, Bishop's Stortford
 Herts CM22 7UF
 T: (01279) 657706 F: (01279) 501333
www.howegreenhouseschool.co.uk

Independent Co-educational Day School & Nursery for 2 - 11 year olds

REQUIRED AS SOON AS POSSIBLE

AFTER SCHOOL CARE MANAGER or ASSISTANT Manager - minimum qualification required NVQ 3 in Early Years Care & Education or equivalent

Assistant - minimum qualification NVQ 2 as above with a willingness to undertake NVQ 3.

Hours: Monday - Friday 3.30pm - 5.30pm term time only. Rate of pay £9.50 per hour
 Manager /£8.50 per hour Assistant

Please telephone or visit our website for an application form and further details of the above posts.

Closing date for applications is midday on Monday 11th May 2015.

Howe Green House is committed to the protection and safety of its pupils and therefore the successful candidate will be required to have a DBS Enhanced Check. Howe Green House School is an equal opportunities employer.

motor sales
 Motorsales (Harlow) Ltd
 Require a

CUSTOMER ADVISOR

You will be involved in taking bookings, answering calls and dealing with customers; working as part of a busy team.

Good communication and computer skills are essential in return for a good salary and commission package and full training.

Please call Jo-Ann on 01279 412161.

Closing date 8th May

24/7 Taxi Drivers Wanted for busy Airport Circuit
 Vehicles Available to Rent

Best Driver Earnings Potential in the South East.

Please apply to: Angela Miles

01279 661661 • angela.miles@24x7ltd.co.uk

PERRYS (HERTS) LLP
 Chartered Certified Accountants
FULL TIME AAT QUALIFIED ACCOUNTANT

For long established and successful accountancy practice Based at the office in Bishops Stortford

Part AAT/Qualified by experience will be considered

Competitive Salary to the right applicant

General practice background is essential

Must be capable of producing year-end accounts for wide variety of UK based clients to a high standard

Working knowledge of SAGE 50/Accounts Production/ Payroll is preferred

Must be EXCEL literate

Please write, enclosing CV in the first instance to: Mrs P Whitney
 23 Hockerill Court, London Road
 Bishop's Stortford
 Herts
 CM23 5SB
 E-mail: tricia.whitney@perrysaccounts.co.uk

FULL/PART TIME BOOKING ADMINISTRATOR

You will possess knowledge of Excel and Word, be organised, have a good telephone manner and pay attention to detail. Team player essential.

To apply please e-mail or post your CV to:

Sam Grainger
 Metropolis Surveyors
 Crown House
 25 Turners Hill
 Cheshunt
 EN8 8NJ
samantha.grainger@metropolis-surveyors.com

24/7 Stansted - Stansted Airport

Customer Service Agents Required for Airport Taxi Kiosk
 Full & Part Time Positions

Applicants will be required to work on a shift basis including weekends and evenings.

Excellent Customer Service Skills and Telephone Manner

Please email your CV and a covering letter to angela.miles@24x7ltd.co.uk

MULTI TRADESPERSON required for works in South East England.

You must be able to undertake carpentry and plumbing works in the main, but also be proficient in tiling and wet trades.

Van, mobile hand held device and corporate clothing provided.

Please send CV to christopher.coomber@btinternet.com

ST CLARE HOSPICE

Challenge Events Fundraiser
 37.5 hours (Full time) Salary £19K

We are looking for a Challenge Events Fundraiser within our Fundraising Department. The successful candidate will manage a comprehensive portfolio of fundraising events and activities.

Closing Date: 6th May 2015

For full information, job description & application form, please visit: stclarehospice.org.uk/recruitment.html

No agencies please.

Registered Charity No. 1063631

Construction Vacancies

BATHROOM INSTALLER REQUIRED
 Permanent position
 Call 01279 842463 or Email CV to boilerservice@hotmail.co.uk

more local jobs

Sales Vacancies

Office-based Advertising Sales Executive

For our Bishop's Stortford office.

Tel Robert Coe
 01279 306159 or email rob@arenatradegroup.co.uk

HOWE GREEN HOUSE SCHOOL
 Great Hallingbury, Bishop's Stortford
 Herts CM22 7UF
 Telephone: (01279) 657706
 Fax: (01279) 501333
www.howegreenhouseschool.co.uk

Independent Co-educational Day School for 2 - 11 year olds

REQUIRED WITH EFFECT FROM 1ST JUNE 2015

LUNCHTIME ASSISTANT
 Monday - Friday term time only 11.45am - 1.15pm
 Rate of pay £9.21 per hour.

Please telephone or visit our website for an application form and further details of the above post.

Please note that email applications will not be accepted.

Closing date for applications is midday on Monday 11th May 2015

Howe Green House is committed to the protection and safety of its pupils and therefore the successful candidate will be checked with the Disclosure and Barring Service.

Howe Green House School is an equal opportunities employer.

Birchanger C of E (VC) Primary School

Birchwood, Birchanger
 Bishop's Stortford, Herts.
 CM23 5QL
 Tel: 01279 812362

KS1 Senior Teacher and English Subject Leader Required September 2015
MPR/UPR + TLR2

We are seeking an experienced teacher who demonstrates excellent classroom practice and has high expectations for all. The successful applicant will lead English throughout the school and contribute to the strategic development of our school. This is an excellent opportunity to further develop leadership skills as part of a friendly, supportive and dedicated team.

Closing date: Friday 1st May

Please see our website for more details.

We are committed to the safeguarding, protection and welfare of our children and expect all staff to share this commitment. The appointment will be subject to satisfactory references and DBS check.

LITTLE HADHAM PRIMARY SCHOOL
 Part-time (3 days)
KS2 TEACHER
 (for September 2015)
 Tel: 01279 771285

Stortford Road,
 Little Hadham,
 Herts SG11 2DX

Email: admin@littlehadham.herts.sch.uk

littlehadham.herts.sch.uk
 'Committed to Safeguarding'

Health & Medical Vacancies

JOB OPPORTUNITIES in Great Easton
 due to expansion we currently have the following vacancies

NURSES
 Days, nights weekend shifts. £15 per hour

CARE ASSISTANTS
 Days, nights & weekend shifts
 Excellent Training opportunities, competitive rates of pay.

DOMESTIC & KITCHEN STAFF
PART TIME MAINTENANCE PERSON
 24 hours per week

RV Moat House Ltd, Moat Park, Dunmow Road, Great Easton, CM6 2DL
 Telephone: 01371 870192
moathouse@retirementvillages.co.uk
OPEN DAY Tuesday 21st April 10am-4pm

Hotel & Catering Vacancies

FULL TIME COOK

We are looking for an experienced cook to work in our cafe at North Weald Airfield.

Must have level 1 & 2 Hygiene Certificates.

Must be able to cook good quality home made dishes, interact with customers & general waiting & kitchen duties are required.

07590982796

more local jobs

harlowstar.co.uk/jobs

ST CLARE HOSPICE

Patient and Family Support Administrator

Salary £18871.85 p.a. Full Time - 37.5 hours

We are currently looking for a highly motivated administrator to join our Patient and Family Support team.

You will be required to provide administrative support to the team and receive telephone calls for referrals into the service. Experience of dealing with people and a confident manner would be an advantage.

Closing Date: 5th May 2015

For full information, job description & application form, please visit: stclarehospice.org.uk/recruitment.html

No agencies please.

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Conveyancing Legal Secretary / Audio Typist

required Part Time for 3 days per week (and also to cover staff holidays where necessary full time) for a small and friendly solicitors' practice in Old Harlow. Experience preferred. Salary negotiable. Good typing speeds for mainly audio typing work.

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CONSERVATORY furniture 2 seater bamboo sofa and matching chairs in beige. sofa has new cushion base. £80.00 own 01279 899036

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Lounge & Conservatory Furniture

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Essex County Cricket Club



I'm on mend and relishing my lead role

I WISH I was out there with the boys at the moment. There were wickets to be had and we were happy with how we bowled. But, fair play to Kent, they packed as hard a punch as we did.

I am now bowling at full run-up and my back feels brilliant, the best I have felt for a long time.

While the bowling is still a bit low-intensity, I have been playing as a batsman and captaining the second XI.

We played against Suffolk, where one of the batting coaches, Tom Huggins, captained them so it was a nice friendly rivalry.

Captaining is something I haven't done since my school days and I really enjoyed being in charge of the second team, watching the youngsters. There is a lot of talent in that team and it was really fun.

It would be a massive privilege to be captain of a first-class side, but I need to take it one step at a time.

Last week I was at Edgbaston for the launch of the NatWest T20 Blast. It was good to be there, as I adore the T20 format.

I was speaking to the other counties about their players who have been away over the winter playing the T20 cricket, seeing what they had learnt.

I did all the promotional stuff and it was good to get a different look at the marketing side, which I haven't been able to do before.

I would love to play in the IPL or the Big Bash as it is just another experience. Just to see how other countries play cricket would be a phenomenal chance. However, I know that it may be a couple of seasons away.

The Essex fans are amazing during the T20 Blast – it doesn't matter what day of the week it is, there is always a packed house.

I am really excited that Shaun Tait will be back playing for Essex this season in that competition.

He is one of cricket's special people that everyone speaks really highly of.

I learnt a lot from him when he was here in 2013 and I really appreciate him as a person and a team-mate.

The lads also had a team social at the Chelmsford Racecourse, but unfortunately I couldn't go because I was at Edgbaston.

But the boys had a brilliant time, with a few happy men with money in their pockets.

There is also a few of them that have started a little golf group.

Now that Tim Phillips has retired, Smudger [Greg Smith] is probably the strongest in the changing room, but Napes [Graham Napier] is very good.

I am brilliant on the front nine, but I just can't be bothered for the back nine!

Foakes: I had to move for chance to keep wicket

BEN FOAKES has revealed that he felt he had little choice but to leave Essex after being told there was "no chance" of him being able to keep wicket.

Foakes, who is not the first young wicketkeeper to find his path to the gloves blocked by the ever-impressive James Foster, instead moved to Surrey to try to get a chance to keep.

The 22-year-old admits he is not certain to keep wicket at the Kia Oval, but insists that some chance is better than no chance at all.

Foakes said: "Keeping has been a big thing for me for a few

years, and with a guy like James Foster in front of me at Essex, I never got a sniff because he's so good. He never got injured so I never got a go.

"I was coming to the end of my contract so I spoke to them about it, maybe having one format where I could keep in, maybe the 50-over; but they never really went for it and basically said that as long as Fozzie's around I had no chance of taking the gloves.

"It's hard to hear. Fozzie's insanely good but if you've got no possibility of moving forward, especially in your primary field,



NEW CLUB: Ben Foakes

it's difficult.

"Surrey came and gave me an

offer which is better than no chance at all and I'd obviously rather be somewhere where there is a chance. It's a great place to be."

Foakes had forced his way into the Essex side as a batsman, and scored more than 1,200 runs at a touch over 31 for his home county, but does feel that keeping is the most important thing for him.

"Just playing as a batter, I've not been working so much on my keeping," he added.

"I've only been doing it when I've been on a Lions tour, there's been a month where I've been

able to work on it.

"I want to get my skills going again, I feel like I've kicked on as a player this winter, so hopefully this will be a big year for me.

"The first year I was batting at three which isn't right for me – I'm not a top-order batsman.

"Then I got moved down the order to my sort of position and that went well.

"Last year was up and down, I started the year really well but then went downhill a bit.

"It was tough, with a lot going on and not being overly happy

"It wasn't a bad year for me but I've learnt a lot this winter."

Lawrence thrilled to have shot in first XI

Teen keen to repay Grayson's faith after making senior debut

Oliver Harbord

oliver.harbord@hertssexnews.co.uk

HEAD coach Paul Grayson spoke at the beginning of the season of giving the Essex youngsters their chance in the County Championship this season.

And nothing epitomises this ethos more than the introduction of Daniel Lawrence into the four-day side. At just 17 years old, the batsman was handed his first County Championship start against Kent on Sunday.

Lawrence said: "I am chuffed to be playing. I have to just keep telling myself to keep enjoying it and if I score runs then it is a bonus. If I don't [score runs] then I have still played my first First Class match, I just have to embrace it.

"If I can get a couple of good performances early season, maybe a couple of 50s or a 100, then I can look to cement a place. Obviously there is going to be competition for places.

"The changing room have been amazingly welcoming to the young players and have been fantastic."

Lawrence was trapped lbw by Darren Stevens in the first innings for ten, but came in to bat with the match evenly poised in the second.

He joined nightwatchman and fellow Chingford Cricket Club

player Jamie Porter in the middle with Essex on 60-3 at the end of day two, chasing a target of 192, but was dismissed for three runs yesterday. Despite the tough baptism, Lawrence relished being thrown in at the deep end.

"There was a little bit of chat that got the beans going. It was really enjoyable to be in it though," he said.

"It was good to be in there with Jamie. We are quite good mates and his job was just to see out the balls in any fashion he could.

"It was fun and we were joking around in the dressing room about he and I taking the game home."

Lawrence is a product of a successful Essex academy system, while also winning the Shepherd Neame Essex Premier League title with Chingford last season.

And the youngster feels there is good strength in depth through club cricket.

Confidence

He said: "I have come through the Essex League, the academy and come through the entire system. I think it helps give people confidence that if they can do well in club cricket, then they might get the chance to play for Essex or whatever county you can do.

"I think the League standard is pretty decent. In each of the Premier League teams you might

BOY WONDER: Dan Lawrence is hoping to take his chance after making his debut against Kent
Photo by Gavin Ellis/TGSPhoto



get one Essex player or a gun overseas player. Jamie and I were in the same team and it was a fantastic year for us.

"It would be enjoyable to play a lot of First Class cricket, but it is always great to go back to Chingford.

"They have been massively supportive and a few of them came on the first day, so it has been great to see them."

Captain Foster leads by example in victory over Kent

A STUNNING 80 from skipper James Foster took Essex to a five-wicket victory in their County Championship Division opener against Kent at Chelmsford.

On a very green wicket at the Essex County Ground, Foster won the toss and elected to field first. It proved a wise decision as Kent slipped to 87-5.

Jamie Porter took the early wicket of Joe Denly for three.

Then Jesse Ryder started the new season in superb fashion, taking 5-43.

All-rounder Darren Stevens moved to 50 before being trapped lbw.

Essex eventually bowled out the visitors for 193, with Greg

Smith (2-26), Porter (2-39) and David Masters (1-39) getting in on the act.

In reply, the hosts lost Tom Westley for just five and Essex slumped to 69-7.

It wasn't until the introduction of Graham Napier on the morning of day two that the innings really got going as he smashed a quick-fire 50.

He was aided by Jaik Mickleburgh (46).

They were eventually bowled out for 164, with Matt Coles (4-48) and Stevens (4-47) doing most of the damage.

Porter once again grabbed the wicket of Denly (0) early on and Masters again proved his worth with a fantastic 4-45.



KEY MAN: Jesse Ryder celebrates after taking one of his five wickets in the first innings

Photo by TGSPhoto

The Kent innings was revived somewhat by Sam Northeast (77) and Stevens (36).

Smith took 3-22 as the hosts

eventually bowled Kent out for 163 just after tea on day two.

It left Essex a target of 193 to win, but their chase started poorly when Ivan Thomas took the wicket of Westley for a duck.

Nick Browne (25) and Mickleburgh (27) settled the innings down, but they both went in quick succession to leave Essex on 60-3.

Dan Lawrence and Porter saw out the rest of the second day, but then the 17-year-old Lawrence departed early on the third day for three.

However, Foster joined Porter and the pair put on a 50 partnership, Porter making just one of those 50 runs.

The nightwatchman departed

for 14 from 85 balls, but Foster pushed on and with Ryder (17no) saw Essex over the line, just nine balls after lunch on day three.

Foster said: "I'm very pleased at the way we went about our business throughout the game. It was a target of ours to build on the momentum we gained at the end of last season when we won six of our last seven games and we've started off successfully.

"We were indebted to Graham Napier for his first-innings contribution with the bat that got us to within a few runs of the Kent score.

"With our bowling attack, we felt that we could restrict them second time around and give ourselves a good chance."



HAPPY DAYS: Alemite boss Peter Lucia (left) and players celebrate their cup success with relatives

Lucia delivers more silverware

ROYAL Mail employee Peter Lucia has delivered more silverware in his role as Alemite Athletic manager.

Lucia (52) has been in charge of the Harlow-based team for 20 years next season.

The side triumphed in the Bishop's Stortford, Stansted & District League Interdivisional Plate final last Saturday.

It followed up their success in the Premier Division Cup final the week previously.

Lucia's team came close to a

stunning quadruple, but lost in the Essex Saturday Junior Cup semi-final to Harlow rivals Summers, while they are set to come up a point short in their Premier Division title quest if they win their games in hand.

Age is certainly not abating Lucia.

Lucia said: "We had a shocking start to the season, we were just not good enough. But some of our older heads have dug in.

"It has been a pleasure to

watch. We have been quite frightening at times."

In the Interdivisional Plate, Alemite smashed current Premier Division leaders Northolt 6-1. Jack Hayter, Carl Smith (2), Ricky Cook, Jack Knight and Scott Breeds netted.

Previously, Alemite were 2-0 down against Atletico Corinthians in the Premier Division Cup final, but won 4-2. Scorers were Kerry Walton, James Thomas, Scott Poole and Cook.

Heartbreak as Hawks suffer loss in play-offs

Herts County Basketball League, play-off quarter-final
Herts Warriors 82
Harlow Hawks 75

A GUTSY final quarter performance from the Harlow Hawks was not enough, as the Essex side were dealt a play-offs quarter-finals exit by familiar foes Hertfordshire Warriors.

There was much to be proud of though for the Hawks, as the marginal gap in the final score reflected the team's character against one of the top teams this season in Hertfordshire County Basketball League Division One.

In the opening minutes, the two teams traded baskets with Hawks' scores coming from Richard Whytock and Tom White.

Unlike previous match-ups against the Warriors, the Hawks were able to beat the full court defensive pressure that Warriors applied, creating easy opportunities to score.

Scores from Alex Hinds and a three pointer from Shab Niaz kept the Hawks close as the Warriors edged to a small lead, the quarter finishing 23-21.

The second quarter saw much of the same, as the Hawks refused to play into the hands of the Warriors up tempo, pressure defence.

Solid frame

Daniel Cohen came off the bench to score six points in the quarter, using his solid frame to establish scoring position against the Warriors defenders.

However, an 8-0 run from the Warriors gave them the lead at half-time, with the score well poised at 41-36.

In the third quarter, the Hawks' continual misses at the free throw line hampered their efforts on the defensive end.

Five points from Hinds was not enough as the Warriors began to gain confidence in their shooting.

Scores from Russ Allan capped off a 6-0 run, however the Hawks missed seven out of their nine free throws in the quarter, allowing the Warriors to go on a 9-2 run to close the third quarter.

In the deciding quarter, three pointers from Niaz and Allan began to spur on the Hawks with a 13-6 run.

As the Hawks hustled all over the court for loose balls, it was still missed free throws that prevented the gap from closing.

Stuart Burgess and Richard Whytock embodied hard work, grit and determination through to the end picking steals and rebounds from all over the court.

The Hawks, fighting to the end, came within five points of the victors but some late scores from the Warriors gave a sad end to the Hawks' 2014/2015 season.

The game finished 82-75. HARLOW HAWKS: A. Hinds (21 pts), R. Allan (14 pts), S. Niaz (14pts), R. Norkelinas (9pts), D. Cohen (7pts), R. Whytock (4 pts), T. White (4pts), L. Morris (2pts).



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Big Cats end glorious season with whimper

Wayward shooting proves costly during play-off defeat

National Basketball League, play-off semi-final

Kent Crusaders 61
Essex Leopards 51

ONE of the most successful seasons in Leopards' history ended in disappointment as they lost 61-51 against Kent Crusaders in the play-off semi-final in Sheffield on Saturday.

A poor shooting display proved to be the Big Cats' downfall as they converted less than 27 per cent of their field-goal attempts and scored just 22 second-half points.

Captain Albert Margai led Robert Youngblood's team with 16 points, with Courtney van Beest adding 11 points and Ladi Brown, who made his first start in place of unavailable American Byron Richards, finished with nine points and seven rebounds.

Crusaders did a good job limiting the normally reliable Dave Ajumobi and Will Ashby to four points each, shooting a combined three-from-23 from the field.

Former Leopard Josh Steel finished with 14 points and six boards before going on to win the MVP award, while another ex-Big

Cat, Dwayne Orija, added ten rebounds to his seven points.

Steel opened the scoring in a tight first period before Ashby replied with a trey, and there was little to split the sides as Matic Zupanc scored from downtown to tie the game at 14-14 at the first break.

Only a Van Beest jump shot and a single Brown free-throw troubled the scorers for Leopards in the first five and half minutes of the second period as Kent opened a 23-17 lead.

Margai broke the run with a trey, only for Steel to reply in kind before a Lukas Winegarner tip-on and a three-point Brown play pulled the Big Cats back into the game.

Drained

Ashby tied things at 26-26 with a free-throw but it was Margai who ensured that the Big Cats were level at 29 going into the locker room at half-time as he grabbed his own miss and drained a three-point with 42 seconds on the clock.

The third period proved to be little short of a disaster for Youngblood's team as Kent opened with

ten straight points.

A time-out from the Leopards' play-caller finally stopped the rot as Van Beest broke the run, but that was only a temporary reprieve as the offensive woes continued with Kent scoring another eight unanswered points to lead 47-31 with three minutes left in the quarter.

Winegarner scored Leopards' second basket of the period, but although they finally put some points on the board with Brown hitting a trey, the Big Cats went into the final break trailing 54-40.

Van Beest opened the fourth quarter scoring and, as Leopards' defence tightened up, Ajumobi made it an eight-point game with 5:30 left.

A Van Beest tip-in cut the deficit to six and Ajumobi maintained that margin with 3:39 on the clock.

But that was the last time Leopards got on the scoreboard as Crusaders wrapped up the win from the foul line and the Big Cats were left to taste semi-final defeat in the final four for the fourth time in five visits to the end-of-season tournament.



HANG TIME: Albert Margai goes for the basket against Crusaders

Junior athletes display Eastern promise in opener

THE Eastern Young Athletes League got under way with a string of fantastic results for Harlow Athletic Club members.

There were five new faces in the U13 girls' age group at Cambridge.

Martyna Jakstaite was fourth in the 70m hurdles.

Grace and Mairi Malcolm took part in the 1500m and 200m respectively. Grace was fourth in the 1500m and Mairi was seventh in a strong 200m field.

Charlotte Pratt was second in a personal best (PB) time of 2min 50.5sec in the 800m A race.

Three U13 boys made their club debuts.

Twins Sam and Ben Sloan both competed in the javelin; Ben took fifth in the A competition and Sam third in the B event.

Ben then went on to take third in the 1500m A race.

James Petty was third in both the 100m and 200m A races and

Athletics

jumped a PB in the A long jump, despite a strong headwind.

In the U15 girls' age group, Beth Harryman made her first appearance for the club in the A long jump, taking fourth in 4.46m.

Lottie Rowedder ran a PB of 5.18:07 in the 1500m A race to finish fourth.

Eilidh Malcolm and Izzy Brown both went in the 800m and were seventh in their respective races, both PBs.

Eilidh went on to run the 300m and was third in 49.7.

For the boys, Lewis Harknett was second in the 1500m in a massive PB of 4:35.5.

His brother, Owen Harknett, was third in the 800m A race, in a PB of 2:20:02.

He also picked up third in the 200m B race.

Sam Collins, making his first

appearance on the track, was third in the 800m B race.

Teale Cunningham had a good day taking second place in both the 100m and 200m A races, recording PBs in both, and third place in the high jump.

All three U17 boys were new to the age group.

Callum Bruton threw 27.13m for third in the A discus and Kieran Bull's throw of 26.93m gave him second in the B event.

Injured

Bull went on to throw the heavier javelin and claimed third place in the A event, stepping up for the injured Bruton.

Jordan Sheridan registered a PB of 11.62m for third in the triple jump, only just short of the 11.70m that had earned him the indoor bronze at the Essex County Championships.

HAC coach Steve Lott said: "There were so many good performances, it just shows what

the competition means to those who are prepared to put themselves on the line.

"The effort and commitment shown makes the hours of work put in by the respective coaches all worth it."

Harlow finished behind Cambridge, who won the meeting.

Meanwhile, at Lee Valley's first outdoor open event of the season, Shemar Boldiszar, ran in the men's 100m and 200m races. He won both races claiming a PB in the 100m of 11.6s and finishing the 200m in exactly 23 seconds.

Eastern Young Athletes League results: Martyna Jakstaite U13 girls 70m hurdles 14.4s A 4th/long jump 3.49m A 6th/100m 15s A 7th; Grace Malcolm U13 girls 1500m 6.21:8 A 4th; Arletta Czarnecka U13 girls 100m 17.7s B 7th/long jump 2.69m B 6th; Mairi Malcolm U13 girls 200m 36.2s A 7th; Charlotte Pratt U13 girls 800m 2.50:05 A

2nd; James Petty U13 boys 100m 14.3s A 3rd/200m 29.4s A 3rd/long jump 3.93m A 5th; Ben Sloan U13 boys 1500m 5.11:9 A 3rd/javelin 16:90 A 5th; Sam Sloan U13 boys javelin 10:90m B 4th; Eilidh Malcolm U15 girls 300m 49.7s A 3rd/800m 2:47:04 A 7th; Lottie Rowedder U15 girls 1500m 5.18:7 A 4th; Beth Harryman U15 girls long jump 4.46m A 4th; Izzy Brown U15 girls 800m 3.04:0 B 7th; Teale Cunningham U15 boys high jump 1.55m A 3rd/100m 12.5 A 2nd/200m 25.0s A 2nd; Owen Harknett U15 boys 200m 27.1s B 3rd/800m 2.20:02 A 3rd; Sam Collins U15 boys 200m 28.8s/800m 2.23:6m B 3rd; Lewis Harknett U15 boys 1500m 4.36:05 A 2nd/100m 14.2s B 5th/long jump 3.71m A 7th; Jordan Sheridan U17 boys triple jump 11.62m A 3rd; Callum Bruton U17 boys discus 27:13m A 3rd; Kieran Bull U17 boys discus 26:93m B 2nd/javelin 29.60m A 3rd.

Running

Bates breaks club record

JIM BATES broke the Harlow Running Club veteran 70 record when he competed at the Harcourt Hill parkrun 5K at Botley in Oxfordshire.

He was 23rd out of 63 finishers and first veteran 70 in an excellent 24:07, which was also a personal best (PB) time for the distance.

Jamie Jephcott was victorious at the Gunpowder parkrun 5K at Waltham Abbey.

The Harlow Running Club member finished ahead out of 106 finishers in a fantastic 18min 26sec.

He was followed home by John Bull, 22nd in 22:34, Graham Saville, 36th in 24:12 and Alison Bull, 68th in 28:34.

At the Harlow parkrun 5K, Alan Broughton was fourth out of 87 finishers in 21:13 and Louise Cootes was 24th in 27:23.

Andy Terrell was 16th out of 211 finishers at the Whitstable parkrun 5K in a superb 20:55.

At the Hatfield Forest parkrun 5K, Justin Patten was 20th out of 151 finishers in 22:36 and Paul Dixon was 30th in 23:35 (PB).

Richard Solomons was competing in Cornwall.

At the Lanhydrock parkrun 5K at Bodmin, he finished in 26th out of 138 and was first Vet 60 in 23:01.

Racing in the Chelmsford parkrun 5K, Robin Lozeau was 128th out of 494 finishers in 23:20.

He was followed by Terry Pike, 201st in 25:18, and Alan Wellbelove, 202nd in 25:19 (PB).

Andy Kinney completed a marathon the day after a 5km run.

At the Wolverhampton parkrun 5K, he finished in 101st place out of 220 in 25:28.

The following day he ran the Manchester Marathon, finishing in 7300th place out of 7806 in 5hrs 06min 35sec.

Emma Wadding was 5289th in 4.14:52.

Results

DARTS: A 180 from Dicky Foster helped Servo Link to a 6-2 win over Green Link to win the 2015 Harlow Premier Darts League.

Servo have dedicated the championship to one of the members, Billy Nelmes, who died earlier in the season.

White Admiral were runners-up, seven points behind Servo after a 7-1 victory over Paringdon Lions in spite of 180s for Lions from Aaron Stock and Lee Howard.

Twelve-year-old Bradley Phillips hit his first 180 in the league for Sawbridgeworth Brewery in their 8-0 win over Golden Swift.

With the help of a 104 outshot from Alan Webber, Moot House drew 4-4 with Tye Green Foxes.

Paringdon Social lost 5-3 at home to Colt Hatch.

Paringdon Social Club won the Handicap League, scoring 153 points with runners-up Moot House only one point behind.

Threes League was won by White Admiral with 28 points, two points ahead of second-placed Servo Link.

Servo Link won the fours league with 28 points, ahead of Tye Green Pirates on 27 points.

Servo Link also took the pairs league with 63 points, six points ahead of runners-up White Admiral.

Most 180s: 11 - Jay Phillips (Sawbridgeworth Brewery).

Highest outshot 157: Tracy Banks (Sawbridgeworth Brewery).

FOOTBALL: Harlow & District League Snr Champions League final: FC Cincuenta 2, (Stu Grieves, Harrison Tweddell) Maiden 4 (Anthony James 2, Mick Kennedy, Sam Crichton) AET.

League Cup semi-final: EKB 2 (John Cowley, Tom Deamer, Tony Gay), Seen FC 3 (Keiran Barfoot) AET.

Prem Div: Old Town 0, Risden Wood 7 (Tom Green 3, Jack Chivall 2, Aaron Chambers, James Thomas), Pools 4 (5 Jamie Blackman, Steve Goddeman, Paul Hitchen, Craig Blackman, Jamie Jones-Stock), A&A 0; Maypole Sports 4 (George Harris, Jake White, Dan Wright, Bogdan Stanciu), Coppice Row 0.

All the thrills and spills as Hawks go within an ace of turning around the championship race

Fightback drama and Chapman's so proud

HAWKS boss Danny Chapman was full of pride for his charges as they came within a whisker of claiming the victory which would have put them in the box seat to win the Ryman North title.

Courageous Harlow fought back to seal a 2-2 draw at leaders Needham Market on Saturday.

Chapman said: "We had to go for it - you might as well lose 4-0.

"I sensed if we got a goal back, there was every chance we could go on and win the game.

"We made two bad defensive mistakes in the first half which put us in an uphill struggle. But we showed the character we have got in the side.

"To be two-nil down against a team that if they win they win the league, some teams will fold under that but we didn't. But I

was disappointed with the goals we conceded."

Commenting on the effort from Leon Antoine, which was controversially chalked off for a debatable offside in the second half, Chapman said: "Even if it was outside it doesn't matter now. The game is gone, it's finished. As much as people moan about it, I thought the officials did well to be honest."

Right-back Craig Pope popped up with the equaliser, his second in two games, and he could have even snatched an injury-time winner.

"He almost got the winner at the end, it just diverted past the post. Pope is a great player.

"He has so much experience, it will only benefit us if we end up in the play-offs," added Chapman.



League table

| | Ryman North | | | | | | | | | | |
|---------------|-------------|----|----|----|-----|-----|-----|-----|--|--|--|
| | P | W | D | L | F | A | GD | Pts | | | |
| Needham | 45 | 32 | 5 | 8 | 96 | 41 | 55 | 101 | | | |
| Harlow Tn | 45 | 30 | 10 | 5 | 106 | 57 | 49 | 100 | | | |
| AFC Sud | 45 | 28 | 5 | 12 | 88 | 50 | 38 | 89 | | | |
| Brentwood | 45 | 25 | 10 | 10 | 83 | 61 | 22 | 85 | | | |
| Thurrock | 45 | 25 | 9 | 11 | 103 | 54 | 49 | 84 | | | |
| Dereham Tn | 45 | 25 | 6 | 14 | 82 | 61 | 21 | 81 | | | |
| Brightlingsea | 45 | 24 | 7 | 14 | 85 | 56 | 29 | 79 | | | |
| Wroxham | 45 | 23 | 9 | 13 | 95 | 56 | 39 | 78 | | | |
| Aveley | 45 | 20 | 7 | 18 | 83 | 74 | 9 | 67 | | | |
| Ware | 45 | 16 | 16 | 13 | 75 | 58 | 17 | 64 | | | |
| Soham Tn | 45 | 19 | 5 | 21 | 73 | 85 | -12 | 62 | | | |
| Heybridge | 45 | 16 | 11 | 18 | 68 | 75 | -7 | 59 | | | |
| Thamesmead | 45 | 16 | 10 | 19 | 60 | 67 | -7 | 58 | | | |
| Tilbury | 45 | 16 | 9 | 20 | 62 | 74 | -12 | 57 | | | |
| Gt Wakering | 45 | 14 | 10 | 21 | 79 | 84 | -5 | 52 | | | |
| Waltham A | 45 | 14 | 10 | 21 | 76 | 88 | -12 | 52 | | | |
| Cheshunt | 45 | 13 | 13 | 19 | 62 | 76 | -14 | 52 | | | |
| Cray Wand | 45 | 13 | 10 | 22 | 75 | 86 | -11 | 49 | | | |
| Chatham Tn | 45 | 12 | 11 | 22 | 52 | 70 | -18 | 47 | | | |
| Maldon & Tip | 45 | 12 | 10 | 23 | 55 | 78 | -23 | 46 | | | |
| Romford | 45 | 12 | 9 | 24 | 68 | 98 | -32 | 45 | | | |
| Barkingside | 45 | 12 | 8 | 25 | 57 | 96 | -39 | 44 | | | |
| Redbridge | 45 | 12 | 6 | 27 | 62 | 110 | -48 | 42 | | | |
| Burnham R | 45 | 5 | 6 | 34 | 48 | 136 | -88 | 21 | | | |

HEAD CONTROL: Hawks sub Jared Small beats Needham's Oliver Brown

Photo by Heather Square

Controversial offside hurts heroic Hawks

Last-gasp goal halts title party but Town ask 'what if?'

by Alan Scott

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| | |
|----------------|---------|
| Ryman North | |
| Needham Market | 2 |
| Harlow Town | 2 |

CONTROVERSY reigned as Harlow Town were denied victory at leaders Needham Market in a dramatic clash to decide the destination of the Ryman North title.

Harlow Town fought back from 2-0 down and salvaged a draw when right-back Craig Pope popped up on 89 minutes to make it 2-2.

But Hawks centre-half Warren Goodhind said his team-mates were convinced Leon Antoine was not offside when he put the ball in the net when the score was 2-1 on 76 minutes.

Goodhind said: "The boys were convinced it was definitely a goal. They are honest people. I believe them when they say that."

The ex-Barnet defender paid tribute to his side for their second-half display.

Nothing to lose

"We had nothing to lose. To be fair to the boys everyone dug in. If we keep going forward whatever way we go we will get up.

"We almost nicked it at the end. It would have been a hell of a result if we had got that. We move on to the next game.

"We never came out of the traps. We gave them two goals. Terrible defending.

"We came out for the second half and there was no pressure. Chappo [Danny Chapman] said the next goal will change the game and it did."

More than 600 Harlow fans travelled up for the encounter, bolstering the attendance to just below the 1,000, believed to be the highest Ryman North gate this



FIGHTING BACK: Dave Cowley feels the strain from Needham Market right-back Oliver Brown in Saturday's clash

Photo by Heather Square

term. Alex Read was again on the bench as boss Danny Chapman kept faith with Jamie Guy up front.

On a blisteringly warm day, Needham took the lead with their first attack on 11 minutes and the confidence was stripped away from Harlow.

Michael Brothers broke through on the left and pushed a

dangerous cross to the far post, where Josh Urquhart failed to react quick enough to mark the lurking Sam Newsom, who slid home from close range to score.

Needham made it 2-0 on 21 minutes.

Pope was left for dead as Luke Ingram broke through. His shot from the edge of the box was brilliantly saved by Hawks keeper Andy Walker, but the ball fell

kindly to Newsom who tucked in his second from close range.

The Harlow defence was showing the reaction times of a barn owl in the middle of the day!

It could have been 3-0 near the half-hour mark but Walker dived superbly to tip an Ingram header on to the bar before it was cleared.

Harlow came out firing in the second half and just a minute in

Antoine's speculative lob from 25 yards was clawed away by Needham keeper Shaun Phillips.

Read finally came into the fray on 51 minutes, replacing Guy.

It was no surprise when Robbie Martin was replaced by Jared Small near the hour. Martin had been bitterly disappointing in the engine room of midfield.

The flame of hope finally flickered on 61 minutes. Cowley's left-wing cross was met by Read, just ten minutes after he came on, as he flicked the ball into the net easily.

But that was almost extinguished a few minutes later when abysmal defending from Goodhind almost let Newsom in for his hat-trick. However, his close-range effort was deflected away for a corner rather fortunately.

Walker kept Harlow in it with 20 minutes left as he got down low brilliantly to save Christopher Hogg's powerful header.

The controversy came with 14 minutes to go.

Junior Dadson's volley was flicked into the roof of the net from close range by Antoine and as the Harlow fans and players thought they had equalised, the assistant referee had signalled for an offside.

Then came the late drama as Harlow levelled on 89 minutes.

Cowley's free-kick from the right was stabbed back across the box and right-back Pope of all people was on hand to stab in the leveller from close range.

With the last attack, Pope fired wide of the Needham right post as Harlow came desperately close to snatching victory.

HARLOW TN: Walker, Pope, Eddie, Urquhart, Goodhind, Simms, Martin (Small 57), Cowley, Guy (Read 51), Antoine (Jones 84), Dadson. Subs not used: Matsuzaka, Thompson. Att: 972.

Football

Dual role for Harlow manager Chapman

Boss seals second job as club's director of football

by Alan Scott

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HAWKS boss Danny Chapman is combining two roles at the club after being appointed director of football at the Ryman League club.

Harlow Town, who host Thamesmead Town in their final Ryman North match this Saturday, announced his new appointment last Thursday.

It came in the week he won his first Ryman manager of the month award for the team's performances during March.

Chapman's Hawks are second, just a point behind Needham going into the final game of the Ryman North campaign.

Appointed as manager in 2011 after making more than 200 appearances in defence for the club, Chapman will take control of all football related aspects at the club.

Hugely important

HTFC chief executive Tom Cunningham said of Chapman's appointment: "Since we took control of the club five years ago, Danny has proven to be a hugely important member of staff.

"This appointment is the next natural step towards the realisation of our plans for the progression of the club. It's a big piece of the jigsaw that we now put into place.

"Danny will provide a passion and drive that will span all of the football at the Harlow Arena, unifying the many teams that we now have here.

"We have had a great season throughout the club this year with real progress made both on and off the field, this will further build upon the foundations already set."

Chapman said: "I've been at the



TWIN ROLE: Hawks manager Danny Chapman (right) has been appointed director of football at the Harlow Arena

club for over ten years now as both a player and now manager so Harlow Town FC is not just a football club to me, it's a big part of my life.

"Football has been in my life since I was six years of age and now to be given this opportunity

as director of football on a full time basis is fantastic and something which I will relish."

In a big season of change the club has introduced not only a full time academy but created 21 youth teams.

Chapman added: "I have many

goals, but the overriding one is to ensure that this club and its academy is the best around. I want to ensure that all children are given the opportunity to develop the skills and discipline that they will need within football and in the outside world; having some

fun and success along the way. In doing this, I believe that the club will continue to go from strength to strength."

Next season the club will launch a new women's team, while there will be a second year intake of academy players.

Naomi's ready to be on top of the Worlds

RISING athlete Naomi Harryman enters the biggest stage in her fledgling career when she attempts to qualify for the World Youth Championships in Colombia.

The 16-year-old Harlow-based English Schools multi-medal winning athlete will compete in the heptathlon and the long jump on Saturday.

Harlow Athletic Club member Naomi, a former student at St Mark's School in Harlow, will compete in the U18 competition, battling it out against the cream of Great Britain as she seeks the golden ticket to South America in July.

The invitation-only GB trials are in Street near Glastonbury, Somerset.

The qualifying standard is 5150 points for the heptathlon. Naomi clocked up nearly 5000 points last year.

The extra 150 points could be made up by just 5cm in the long jump or 5m in the javelin.

Naomi's main rival will be Nieve Emerson in the heptathlon.

Meanwhile Naomi, who won the silver medal in the 2014 English Schools long jump, requires a leap of 6.05m to qualify in this event.

Last year she jumped 5.94m.

She said: "I'm in good form. I had a good winter training season but this is my first major competition of the summer season.

"It's a bit nerve-racking. I have not got much to do to get the world qualifying standard, maybe an extra half a metre in the shot put or half a metre in the long jump.

"I have used the winter to work on my strength and conditioning."

So far this year Naomi has won the Eastern Region Indoor Championships long jump gold medal, plus the South of England Indoor Championships high jump silver medal.

Great day for Tye Green IBC

TYE Green Indoor Bowls Club enjoyed huge success at the Essex County finals.

Steve Mitchinson was celebrating more than most after lifting the singles and pairs trophies at Falcon Bowls Club in Chelmsford.

In a thrilling pairs final, Mitchinson and partner Barry O'Connor took on Brian Gay and Adam Smith from the Stonyhill IBC in Brentwood.

The Harlow club triumphed 18-17 in a tight encounter which went down to the final end.

In the afternoon, Mitchinson played the county singles final against Jamie Holmes from Barking IBC.

Mitchinson secured a comprehensive 21-13 victory.

Tye Green's Over 60s Double Rink team played in their final against Colchester and lost by one shot.

Results

TEN PIN BOWLING: John Ward's game of 201 was the highlight of the week in the Senior Rollers League.

The 19 points awarded for placing second in the match meant that he overtook long time league leader Paul Chatterton who was only able to muster five points.

In the Youth Bowling Club, the star of the week was seven-year-old Ella Braby, with games of 72, 73 and 59. Her three game total of 204 being her best to date.

Penguins' maximum Mini effort

HARLOW Penguins returned to winning ways in round two of the Essex Mini League at Braintree.

The swimmers dominated the gala, winning 24 of the 49 races.

The league gives the club the opportunity to give swimmers their debuts in competitive swimming, but also to try new events or ones they might not swim on a regular basis.

Ten-year-old Regan Lawrence certainly made the most of his opportunity in his first ever competitive race for the club, as he stormed to victory in the 10/50m backstroke in a time of 48.58sec.

He followed this up with a further win in the 10/U 4x25m freestyle relay with Daniel Monk (17.61), Regan Lawrence (18.35), Joseph Williams (20.60) – who was also swimming in his first gala – and Max Arnold (18.92).

Nine-year-old Max Arnold continued to show his developing talent.

Swimming up an age group Max won the 10/U 50m freestyle in a personal best (PB) of 39.78.

Swimming with Ethan May, Ethan Ryan and Joseph Williams, the nine-year-old boys were in dominant form, winning both the freestyle and medley relay races with some ease.

Dominant

Not to be outdone by the boys, the nine-year-old girls squad of Phoebe White, Francesca Riorda, Holly Holleyman and Daisy McAuliffe, matched the boys, winning both relays.

In the 11/U age group, both the boys' and girls' squads were dominant.

The girls' squad of Emma Guerrati, Olivia Tarallo, Jenna Ayres and Freya Henshall won

all their events.

Jenna, making her team debut, won the 50m freestyle in a PB of 37.62, while Emma proved she can swim butterfly winning the 50m race in a time of 42.40.

Penguins assistant coach Darren Tucker came to the rescue of a much depleted men's open team and tried to relive past glories.

Swimming the 50m breaststroke, Tucker, a former national qualifier, stormed to victory.

With 24 team and individual winners, Tucker said: "All the swimmers competing had something positive to take home. It is great to see the younger swimmers coming through."

Final placings: 1st Harlow Penguins 173, 2nd Witham Dolphins 166, 3rd Hornchurch 147, 4th Havering 110, 5th Clacton 92.

Sawbo crush Town

HARLOW Town underwent a stern examination of their Essex League Division Two promotion credentials with a heavy loss against a strong Sawbridgeworth side in a re-season friendly on Saturday.

Gary Brown (65) and Joe Regan (66 no) marked their debuts for Sawbo with half-centuries, with the former putting on 119 for the first wicket with Charlie Rudkin (50 retired not out).

Regan featured in a third wicket stand of 76 with Harry Jerome (60) as the hosts plundered 97 runs from their last ten overs, reaching 269.

In reply, Town were dismissed in the 33rd over, with Ashley Alderson and Charlie Coleman (pictured right) being their only players to pass 20.

New Town skipper Neil Gladwin missed this match.



Town were eventually bowled out for 128 as Sawbridgeworth won by 141 runs.

In next Saturday's Duke League Cup, Town host Hainault & Clayhall while Harlow are away to Fives & Heronians.

Alemite stalwart boss Lucia **delivers**
more silverware

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Dual role for **Hawks** manager
Chapman

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TITLE'S ON FINAL DAY KNIFE-EDGE

Goodhind upbeat as Hawks look to avoid play-offs

by Alan Scott

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THE Hawks' experienced former Barnet defender Warren Goodhind is keeping his fingers crossed that Danny Chapman's men can avoid the "lottery" of the end-of-season play-offs, but knows it's all out of Harlow Town's hands.

The Essex side's failure to beat Needham Market last Saturday means the Suffolk side need to defeat Chatham Town away in their final league game next weekend to lift the Ryman North title.

Even if Harlow beat Thamesmead Town at home this Saturday, it still might not be enough to avoid the play-offs in a repeat of last season.

Goodhind (37), who was born in Johannesburg in South Africa, says Harlow's performances have simply not been good enough over the last month but remains hopeful that they can achieve promotion to the Ryman Premier for the first time since 2007.

Hands of the Gods

He said: "Both teams have battled hard all season and in a fair world both teams will go up automatically.

"But it is what it is. We have to win our game [on Saturday] and it will be in the hands of the Gods.

"It becomes a lottery, but I don't think we have been at our best for quite a few games.

"We have been good in patches and we have dug out results. Maybe we will hit the ground running."

Goodhind is hopeful Needham, who looked shaky in the second half against Harlow in the sides' 2-2 draw last weekend, can slip up, but he knows Harlow must simply improve.

"In my opinion we have not



PROFESSIONAL JOB: Warren Goodhind knows Harlow Town must hope Needham Market slip up on Saturday
Photo by Heather Square

been going for the last month. Every game has been scrappy. But the results are the main thing," he said.

"It's not a nice place to go [Chatham]. They had a good result today. The pressure will be on them.

"For us it's a home game. There is pressure but if we win that then we can't do any more. We will have to go into the play-offs if we have to."

Goodhind joined the club in October from neighbours Cheshunt, but has struggled

with a series of niggling injuries.

The centre-half knows Harlow are a huge threat offensively, with experienced former Colchester United striker Jamie Guy set to link up with fit-again Alex Read for the first time in attack against Thamesmead.

"We have got two proven strikers now. There's always goals in the team.

"We've got our wingers, even at set-pieces. Popey [Craig Pope] has even pulled out a few in the last few weeks. We know we will score goals," he added.

Read ready to ignite Town's promotion bid

HAWKS boss Danny Chapman is set to start Alex Read in attack alongside Jamie Guy for the first time in Harlow Town shirts as they look to go out on a high against Thamesmead Town next weekend.

Read has been out with a leg break since February but came off the bench to score against Needham Market and kick-start a dramatic Hawks fightback in their 2-2 draw.

Harlow need to beat Thamesmead and hope that Needham fail to win away to Chatham.

If Read scores he will reach the 40-goal barrier for the second successive season.

"I half thought about starting Ready [at Needham] to be honest, but it was probably a week too early," said Chapman.

"There's a lot at stake. I would rather have him going forward than start [against Needham] and break down. In my opinion it was the right thing to do, and that's the one that counts.

"We have two great centre forwards. Ready did really well when he came on. He and Jamie [Guy] are slightly different. Jamie is more of a hold-up player, while Ready is more of an off-the-shoulder player. It gives you options. I have got a nice decision to make."

Pressure on leaders

Chapman says all the pressure is on leaders Needham as the two teams battle it out for the sole automatic promotion place in a final-day thriller.

It is quite astonishing to think that Harlow could finish with 103 points and still fail to go up automatically.

Chapman said: "You've had the two best sides in the league as far as I'm concerned battle it out today and I think it's only right that it goes down to the last game of the season to see where the title is going to go.

"We can't do any more. That's down to other people. All we can make sure is we prepare ourselves right this week and we prepare to win the game next Saturday at home to Thamesmead. It's up to the Gods what happens after that.

"They [Needham] have got to go to Chatham and that isn't easy as we found out the other week. The pressure is on them.

"We had nothing to lose [at Needham]. We were 2-0 down, and as much as the game was a battle more than anything, we were winning that battle."

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Last league game of the season, Saturday 25th April

Harlow Town Fc V Thamesmead Town
KO 3pm



The Harlow Arena,
Elizabeth Way,
Harlow, CM195BE

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